

To whom it may concern,

Your patient has accessed the MySurvivorCare web-based app which serves as a guide for the management of menopause symptoms after cancer.

Based on their results produced by the platforms' self-assessment tools, they are likely experiencing severe interference from their menopause symptoms, suggesting the need for **non-GP medical specialist-guided management**.

We have asked your patient to discuss the suitability of a referral to a non-GP medical specialist service e.g.

- Oncology team
- Gynecologist
- Cancer care nurse
- Female reproductive endocrinologist or
- Specialist Menopause After Cancer clinic

We have provided the patient with the summary of their results and also granted them access to an online cognitive behavioral therapy platform for self-management strategies such as lifestyle changes, paced breathing, relaxation techniques among others that she can practice at home.

We hope this will assist you in the management of this patient.

This MySurvivorCare Web-based App has been developed by Associate Professor Michelle Peate, in collaboration with the Leukemia Foundation, Ovarian Cancer Australia, Counterpart, Pink Hope, Jean Hailes, Myeloma Foundation Australia, NeuroEndocrine Cancer Australia, Breast Cancer Network Australia, PanCare Foundation and Sock it to Sarcoma, and researchers and clinicians at the Universities of Melbourne, Western Sydney, Western Australia, and the Peter MacCallum Cancer Centre.

Link to the MySurvivorCare Study Site <https://www.empowerunit.org/mysurvivorcare-stepped-care-pathway-for-improving-wellbeing-for-women-with-cancer.html>

Thank you.

List of key collaborators

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Should you wish to contact the research team, please email: msc-study@unimelb.edu.au or call: 1800 925 330