

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 to be experiencing moderate interference from their menopause symptoms, suggesting the need for **GP-led management**. They have been asked to discuss this with you.

We have provided the patient with the summary of her results and recommendations from the platform, including links to the relevant recommended clinical practice guidelines for you to consider in your management.

### **The Practitioner's Toolkit for the Management of the Menopause**

<https://www.menopause.org.au/hp/information-sheets/practitioners-toolkit-for-management-of-the-menopause>

#### **Forms of treatments**

##### **a. Menopausal Hormone Therapy**

Combined menopausal hormone therapy <https://www.menopause.org.au/hp/information-sheets/combined-menopausal-hormone-therapy-mht>

Tibolone <https://www.menopause.org.au/hp/information-sheets/tibolone-as-menopausal-hormone-therapy>

Estrogen only <https://www.menopause.org.au/hp/information-sheets/oestrogen-only-mht>

Deciding About Hormone Therapy Use- <https://www.menopause.org/docs/default-source/professional/menonote-deciding-about-ht-2022>

##### **b. Non-hormonal treatment options**

Nonhormonal treatments for menopausal-symptoms <https://www.menopause.org.au/hp/information-sheets/nonhormonal-treatments-for-menopausal-symptoms>

Menonote-<https://www.menopause.org/docs/default-source/default-document-library/nonhormone-treatment-menonote>.

Evidence and dosages-<https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Treating-hot-flushes-280518.pdf>

##### **c. Complementary therapies and lifestyle changes**

Complementary-and-herbal-therapies-for-hot-flushes <https://www.menopause.org.au/hp/information-sheets/complementary-and-herbal-therapies-for-hot-flushes>

Lifestyle-and-behaviour-changes-for-menopausal-symptoms<https://www.menopause.org.au/health-info/fact-sheets/lifestyle-and-behaviour-changes-for-menopausal-symptoms>

We have also granted them access to an online cognitive behavioral therapy platform for self-managment strategies such as lifestyle changes, pace 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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