

WA RURAL HEALTH CONFERENCE 2026

Menopause & Perimenopause:
Supporting our rural women

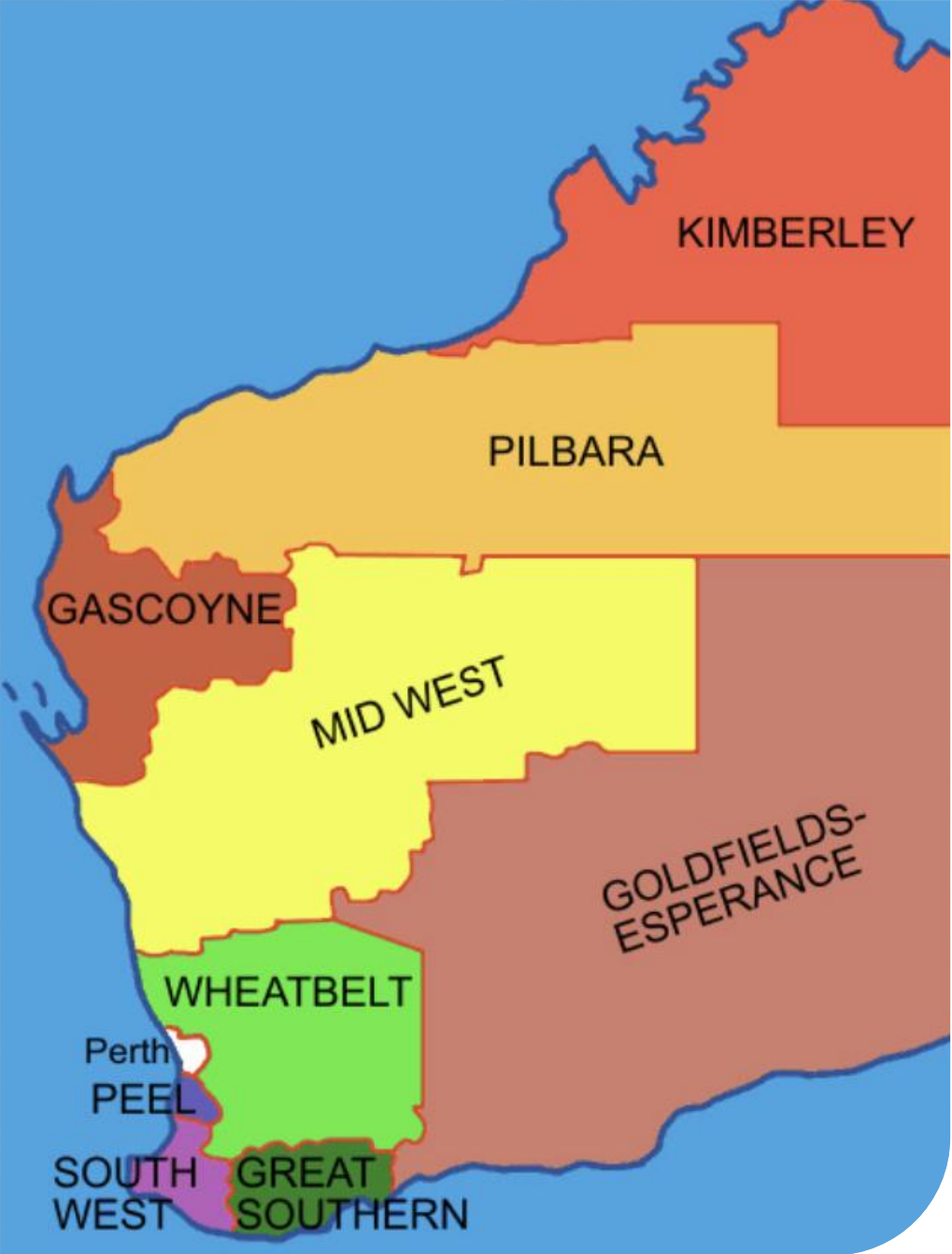


DISCLOSURES

- Currently work at King Edward Memorial Hospital (KEMH) in Menopause Service (HoD)
- Private general practice
- Member of Australasian Menopause Society (AMS), International Menopause Society (IMS) and Board Member of Menopause Alliance Australia (MAA)
- Presented to the Senate Inquiry into Women's Health in 2024
- Received funding / honoraria from both Besins and Astellas pharma companies

- Opinions and slides for today are entirely my own

WA SNAPSHOT



10 Regions: Kimberley, Pilbara, Gascoyne, Mid West, Wheatbelt, Peel, South West, Great Southern, Goldfields-Esperance and Perth.

Current population of WA 3,000,000+. Fastest growth rate in the country

>90% live in the South - West corner

- 80% live in Greater Perth Metro

Not a lot of people spread around a VERY BIG state

Resources led economy

- Increasing numbers of women of all ages

Strong overseas migration

- Cultural / language concerns

FACTORS RELEVANT TO TODAY'S DISCUSSION

CONSUMERS (WOMEN)

- Access to providers with an interest in women's health (Meno & Peri)
 - Local
 - Regional
 - Tertiary
- Cost
- Influence of social media
 - Increased awareness for women
 - Expectations of women

PROVIDERS (HEALTHCARE WORKERS)

- Knowledge
- Remuneration
 - Item no 695 (GP) 19000 (PMP)
 - >20minute F2F consult
 - \$101.90 / \$81.50 resp (Annual availability)
 - Rebate for level C cons \$84.90
- Support
 - Local
 - Regional
 - Tertiary

EXAMPLES

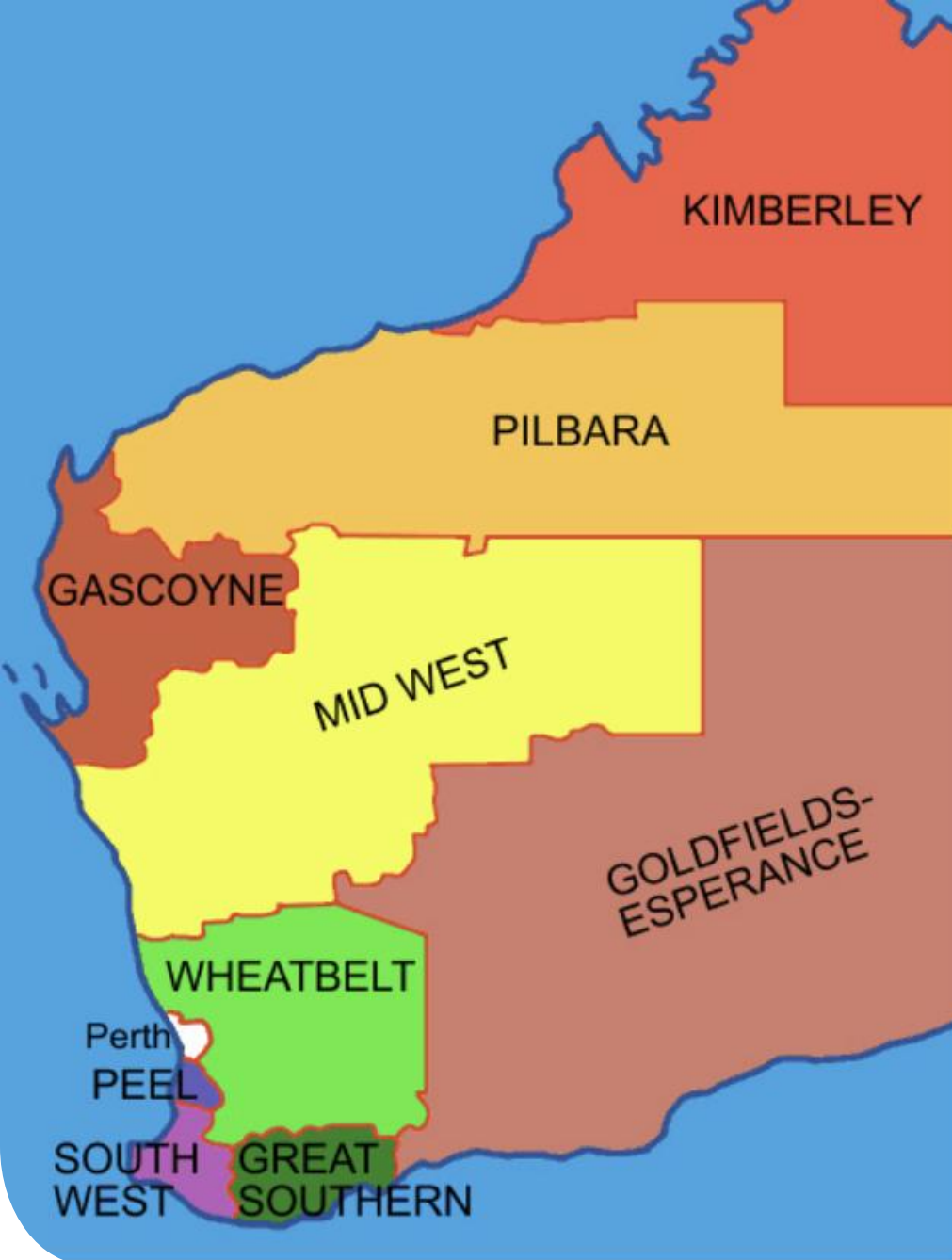
- 1. Woman in Karratha with menopause symptoms after treatment for cancer
 - Referred to me as a GP in private practice
 - PATS would not fund her travel
 - Ineligible for medicare rebate telehealth consult as not seen previously
 - Costly in time and \$\$
- Could her needs have been met closer to home?

- 2. Woman who resides in the South West
 - Consultant friend of hers asked if I would see her to help with menopause since she *“had really hit the wall and struggling greatly with menopause. Nobody LOCAL in the area could help”*
- Same issues re provision of local services

INTERSTATE DEVELOPMENTS - NSW

- 4 Specialist Menopause Hubs across the state
- Virtual service
- Medically-led multidisciplinary services
 - Provides support to GP-specialists
- Complex needs / POI
- Funding and equity
- Community interaction / breaking down barriers
 - Indigenous / CALD
- Technology

ADDITIONAL QUESTIONS AND INFO



- Tertiary care, primary care - where is second tier?
- Second tier
 - AMS registered providers
 - Private practice
 - \$\$
 - Wait time?
 - Public
 - LUMA – Joondalup / Subiaco
- Menopause proficiency
 - AMS
 - Jean Hailes
 - MAA
 - IMS – IMPART
 - Other?