

PRESS RELEASE
FOR IMMEDIATE RELEASE

Contact: Victoria Withy
Head of Membership, Marketing and Communications
European Society of Endocrinology
Phone: +44 (0) 7761 800855
Mail: media@ese-hormones.org

ESE announces new Clinical Practice Guideline for Management and Evaluation of Menopause and the Perimenopause

The European Society of Endocrinology (ESE) has published an open-access Clinical Practice Guideline for Management and Evaluation of Menopause and the Perimenopause in the *European Journal of Endocrinology*, Volume 193, Issue 4, October 2025.

The Guideline has been developed by an expert international panel of gynaecologists and endocrinologists to provide clinical guidance on the diagnosis and optimal clinical management of menopause-related symptoms, including hormonal and non-hormonal therapies. It is intended for both primary care physicians as well as specialists who treat more complex cases.

The Endocrine Society (USA), European Menopause and Andropause Society and British Menopause Society have all endorsed the Guideline, which was presented at the European Congress of Endocrinology in 2024.

Guideline Chair Mary Ann Lumsden is a Consultant Gynaecologist, Professor of Medical Education & Gynaecology and Head of Reproductive & Maternal Medicine, University of Glasgow, and Past President of the International Menopause Society (2016-2018).

Professor Lumsden said: "It was my pleasure and honour to chair the ESE Guideline on the Management and Evaluation of Menopause and the Perimenopause. This is an important topic because 51% of the population are women and by 2030 there will be 2 billion post-menopausal women. Quite a number of them will have difficulties that mean they don't function fully in their workplace or in their social lives, and all doctors should be able to help them in the best way they can."

The new Guideline provides guidance on evaluation and optimal clinical management of women who go through the menopause in middle age, those with Premature Ovarian Insufficiency (POI), Early Menopause and those for whom hormones are not appropriate, including women with, or at high risk of, breast cancer. It discusses the benefits and risks of hormone therapy administration as well as summarising other treatments for menopausal symptoms. The contentious issue of the impact of menopausal hormone therapy in the prevention of chronic disease is also considered.

ESE's Clinical Committee leads on guideline development, with input from other committees as appropriate. All guidelines are subject to a rigorous review process before being published, undertaken by our Members and relevant parties such as patient support groups.

Frederic Castinetti, Chair ESE Clinical Committee, said: "The ESE Guideline on the Management and Evaluation of Menopause and the Perimenopause has been developed because it is important that all health care professionals have a fundamental knowledge of managing women presenting with symptoms related to the menopause.

“Our Clinical Guideline programme is expanding to provide physicians and patients with guidance in key areas. We will also soon publish the Revised ESE Clinical Practice Guideline on the Management of Chronic Hypoparathyroidism and Transition Guidance on the transition of patients from paediatric to adult care jointly with the European Society for Paediatric Endocrinology (ESPE).”

More information: <https://www.ese-hormones.org/publications/guidelines/>

Guideline link: <https://doi.org/10.1093/ejendo/lvaf206>

About ESE

The [European Society of Endocrinology](#) (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. As a focal point for endocrinology and hormone research in Europe, ESE produces [clinical guidelines](#) with recommendations for patient care, either in collaboration with other Societies or independently.

Through the 51 National Societies involved with the [ESE Council of Affiliated Societies](#) (ECAS) and partnership with specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology for healthcare professionals, researchers, patients and the public.

ESE informs policymakers on health decisions at the highest level through advocacy efforts across Europe.

Find out more: www.ese-hormones.org