

Good hormones
Good health
Good life

Useful links

General health

+ Women's Health Concern
www.womens-health-concern.org

+ Women's Wellness Centre
www.womenswellnesscentre.com

+ TEN Clinical
www.ten.co.uk/clinical

Premenstrual Syndrome

+ National Association for Premenstrual Syndrome
www.pms.org.uk

Premature Menopause

+ Daisy Network
www.daisynetwork.org.uk

Menopause

+ British Menopause Society (BMS)
<https://thebms.org.uk>

+ Menopause Matters
www.menopausematters.co.uk

Osteoporosis

+ National Osteoporosis Society
<https://nos.org.uk>

Fertility

+ The Fertility Partnership
www.thefertilitypartnership.com

HORMONE HEALTH

Making an appointment

Please refer to our website for clinic locations, clinic times and prices: www.hormonehealth.co.uk/ourclinics

You can make an appointment by speaking to someone directly: **0808 196 1901**.

If you wish to write to us directly, please use the email or postal address of the relevant clinic.

A referral letter is not required. We ask that you bring any copies of investigations that you have had performed elsewhere as this may prevent repeating some investigations.

There are no emergency services available at of our clinics.

Our clinic locations

LONDON

Hormone Health

92 Harley Street
London
W1G 7HU

T: +44 (0) 20 7034 1300

E: enquiries@hormonehealth.co.uk

NOTTINGHAM

Hormone Health

25 Business Park
Bostocks Lane
Sandiacre
Nottingham
NG10 5QG

T: +44 (0) 808 196 1901

E: HormoneHealth@nurturefertility.co.uk

*Please note our clinic is located within
The Nurture Fertility building.*

www.hormonehealth.co.uk

HORMONE HEALTH

Providing
dedicated
female
healthcare



About Us

Hormone Health was founded by **Nick Panay** in 2015. His aim was to gather a group of like-minded women's health experts and provide a service, which would give patients personal time and choices of treatment to suit their needs and beliefs.



All investigations and treatments are supported by extensive clinical research and the relevant expert academic societies.

The impact of our body hormones is fundamental to our everyday life. Changes in their balance need careful management, whether it be due to a medical condition or a specific stage of life.

At Hormone Health, we passionately believe in a personalised service and tailored management. In our clinics, we have teams of expert healthcare professionals and state of the art diagnostic tools, all within a comfortable environment.

Our range of expertise includes:

- + Menopause
- + Regulated Body Identical Hormone Therapies
- + PMS
- + Complementary Therapies
- + Libido and testosterone
- + Endometriosis
- + Fibroids
- + Ovarian Cysts
- + Period problems
- + Psychological effects of hormones
- + Vaginal health
- + Minimal access surgery
- + Gynaecology

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Health screening

Blood tests

These targeted tests are the basis for most diagnoses – measuring the hormones in your blood, along with other chemical factors, allows us to give you the best guidance possible.

The most common test includes the measurement of Estradiol, Follicle Stimulating Hormone (FSH), Testosterone, Sex hormone-binding globulin (SHBG), Progesterone and Thyroid Function.



In addition, we offer screening tests for short and long term wellbeing including “Fit for Fifty” and “Fit for Life.”

Ultrasound scan

An ultrasound scan is a painless test that creates images of organs and structures inside your body. It is a very common test that uses sound waves rather than radiation.

More information on ultrasound can be found on the NHS website:

www.nhs.uk

DEXA scan or bone density scan

DEXA (Dual Energy X-ray Absorptiometry) scans are often used to diagnose or assess someone's risk of osteoporosis, a condition that weakens bones and increases the risk of breakage.

You may need to have a DEXA scan if you are:

- + over 50 years of age with a risk of developing osteoporosis
- + under 50 with other risk factors – such as early menopause, smoking, a previous fracture, family history of osteoporosis

More information on DEXA scans can be found on the National Osteoporosis Society website:

www.nos.org.uk

