



Loretta Dignam

The Menopause Hub

In December 2018 Loretta Dignam opened The Menopause Hub, Ireland's first and only dedicated menopause clinic. The Menopause Hub offers a range of holistic solutions and treatments to help women going through menopause, including specialist menopause medical doctors, a psychologist, an acupuncturist, a physiotherapist, a dietitian and a nutritionist.

The concept was borne out of Loretta's own experience of menopause. She experienced first-hand the lack of support services for perimenopausal and menopausal women and decided to do something about it. This was a significant move and enormous learning curve for Loretta, who's previous 30 years' experience had been with a number of major multinationals in branding, marketing strategy and innovation.

The three values of The Menopause Hub are Education, Empathy and Empowerment. Their vision is to break the taboo surrounding menopause and to help women successfully manage both their short-term and long-term health at this challenging time.

Covid-19 led to some immediate and necessary changes, including moving consultations to remote online via telehealth video, and increasing the online footprint through Facebook Live weekly educational sessions. Now the clinic offers both in-clinic and online consultations, business continues to grow and plans are being developed to expand nationally and internationally in 2020 and 2021.

www.themenopausehub.ie