

# ALTERNATIVES TO HRT

Although HRT is an effective way to treat menopausal symptoms, it may not be the right choice for you. There could be medical reasons why you can't take it, or you might prefer to explore other options.

## PRESCRIPTION MEDICINES

Some prescription medicines could help to relieve your menopausal symptoms. Certain types of antidepressants, the high blood pressure medication clonidine, and the epilepsy medication gabapentin, may help with symptoms like hot flashes, night sweats, low mood and anxiety.

## COGNITIVE BEHAVIOURAL THERAPY (CBT)

This is a talking therapy which has been shown to help reduce some mental health symptoms, including depression and anxiety.

## ALTERNATIVE THERAPIES

You might find that massage, acupuncture or aromatherapy help to relieve your menopausal symptoms.

## EXERCISE AND NUTRITION

Regular exercise could also help to relieve some symptoms of the perimenopause and menopause.

Try yoga which strengthens bones and muscles as well as teaching mindfulness and meditation.

Regular exercise will help to support your bone health, strengthen your muscles, boost your mood and help you to maintain a healthy weight.

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Eating a healthy balanced diet and trying to avoid processed foods is beneficial too.

For more information on living well through your menopause read our leaflet:

[themenopausecharity.org/living-well-through-your-perimenopause-and-menopause](https://themenopausecharity.org/living-well-through-your-perimenopause-and-menopause)

It is really important that women have individualised treatment regarding their menopause and seek advice from a healthcare professional who has experience in the menopause.

More fact-based information can be found at:

[themenopausecharity.org/menopause](https://themenopausecharity.org/menopause)



The Menopause Charity provides evidence-based information and support so that no one needs to suffer from the symptoms of perimenopause and menopause.

The charity receives no government funding and relies on voluntary donations.

For more information on how to support The Menopause Charity, please visit:

[themenopausecharity.org/donate](https://themenopausecharity.org/donate) or contact us via:  
[info@themenopausecharity.org](mailto:info@themenopausecharity.org)

The only treatment therapies that The Menopause Charity recommend are limited to those recognised as being effective by NICE and the NHS. These treatments are fully regulated treatments administered in accordance with all guidelines and treatment protocols.

The Menopause Charity is registered in England and Wales (charity registration number 1191332)  
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