

HORMONE REPLACEMENT THERAPY

MENOPAUSE AND HRT

As you head towards menopause, the levels of the hormones oestrogen, progesterone and testosterone produced by your ovaries begin to fluctuate and fall.

For decades, the menopause has been a taboo with misinformation and misconceptions about treatment options, especially hormone replacement therapy (HRT).

HRT is the most effective treatment for most women, supporting symptom relief and future health benefits.

WHAT IS HRT?

HRT is a treatment that includes oestrogen, progesterone and, in some cases testosterone. Depending on your health and individual medical history, you may need one or two of these hormones, or a combination of all three.

IS HRT SAFE?

The benefits of taking HRT outweigh any risks. Symptoms improve and also future health improves in women who take HRT.

HRT – MYTHS BUSTED

HRT is the most effective treatment for symptoms of perimenopause and menopause despite that false rumours you may have heard.

MYTH: HRT causes breast cancer

FACT: HRT that is just oestrogen has no (or even a lower) risk of breast cancer compared to people not on HRT. If you take body identical (micronised progesterone), you have a lower risk than if you take a synthetic progestogen, but even this risk is still very low. >>

MYTH: HRT increases the risk of heart attack, stroke and clot

FACT: Starting HRT actually reduces your risk of heart attack and stroke. Taking HRT in patch, gel or spray form has no risk of blood clot.

MYTH: You should wait until your symptoms are bad before you start taking HRT

FACT: You can start taking HRT as soon as you have symptoms, even if you're still having periods.

MYTH: You can only take HRT for five years.

FACT: HRT can be taken for as long as the benefits outweigh any risks, which usually means forever.

MYTH: HRT causes weight gain

FACT: You might have a tendency to gain weight in midlife, but this is due to many factors. There's evidence taking HRT can lead to losing weight.

More fact-based information can be found at:

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 or contact us via 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.

Further information regarding the NICE guidelines for the diagnosis and management of menopause can be found www.nice.org.uk/guidance/ng23.

The Menopause Charity is registered in England and Wales (charity registration number 1191332). Registered Office: Winton House, Church Street, Stratford upon Avon, CV37 6HB