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HRT myths uncovered

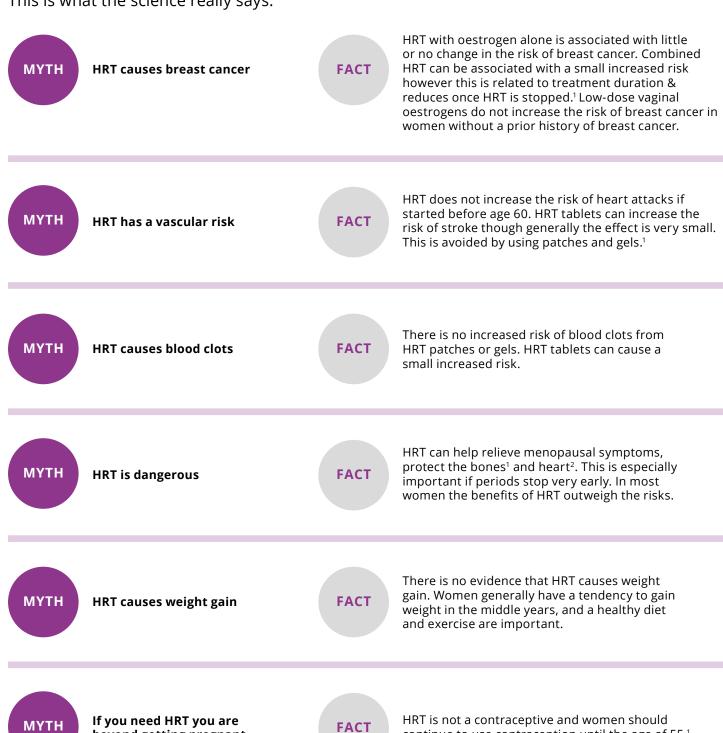
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Reviewed by Dr Silvia Moens-Lecumberri: June 2023. Next review date: June 2026



continue to use contraception until the age of 55.1

Many of the things said about Hormone Replacement Therapy (HRT) have not been true. This is what the science really says.



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beyond getting pregnant





HRT only delays the inevitable



HRT effectively manages the symptoms of the menopause and lower doses of HRT continue to work when women are older.¹



HRT carries the same risks as the pill



They contain similar hormones but those in HRT are less potent and in lower doses, and may be delivered in different ways so the effects are not the same.¹



Natural methods to treat menopausal symptoms are safer than HRT



Just because it is natural, doesn't mean it is safe – the studies haven't been done.



Women stop having sex after the menopause



Some do, but don't need to. Local oestrogen treatments reverse the vaginal changes and restore comfort.¹



Women need examinations to make sure they can take or need HRT



This usually isn't necessary but a woman's blood pressure needs checking.1



You can only have HRT for 5 years, whatever age you are



HRT may be taken for as long as necessary at the lowest effective dose. This is particularly important for younger women, who should not stop before 50 years of age.³

REFERENCES

1. NICE Guidelines [NG23] 2015 **2.** Cochrane et al, Hormone therapy for preventing cardiovascular disease in post-menopausal women (2015), Cochrane Database of Systematic Reviews **3.** menopausematters.co.uk/benefit.php

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