

Hormone Replacement Therapy (HRT) for the Menopause

Gynaecology

Introduction

This leaflet has been given to you because you are thinking about using hormone replacement therapy (HRT). This might be for menopause symptoms, for example, flushes and night sweats or because of concerns about osteoporosis (thinning of the bones).

What sort of HRT should I take?

If you do not have a womb, because you have had a hysterectomy, you only need to take oestrogen as hormone replacement therapy. If your womb is still in place, you need to take two medicines for hormone replacement therapy, both oestrogen and progestogen. The oestrogen will help with the symptoms of the menopause. The progestogen is important to protect your womb from serious disease.

What are the benefits of hormone replacement therapy if I do not have a womb and need oestrogen only HRT?

Along with relieving the symptoms of the menopause, the following benefits are also to be noted:

- Reduced risk of fracture due to fragile bone (osteoporosis). 20 fewer cases per 1000 users
- Reduced loss of muscle mass and strength - can improve muscle mass and strength

What are the risks of hormone replacement therapy if I do not have a womb and need oestrogen only HRT?

- Venous clots (blood clots) for example, pulmonary embolus, deep vein thrombosis – increased risk if taken by mouth but not increased if taken through the skin
- Coronary heart disease for example, heart attack – no or reduced risk maybe six fewer cases per 1000 users over 7.5 years
- Stroke – small increase in risk of up to 3 extra cases per thousand users over 7.5 years if taken orally (but not through the skin)
- Type 2 diabetes – no increased risk of Type 2 diabetes
- Breast cancer – little or no change in the risk of breast cancer
- Dementia – the effect on dementia is still uncertain

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What are the benefits of HRT for me if I have a womb and have to take both oestrogen and progestogen hormones?

Along with relieving the symptoms of the menopause, the following benefits are also to be noted

- Reduced risk of fracture due to fragile bone (osteoporosis). 20 fewer cases per 1000 users
- Reduced loss of muscle mass and strength – can improve muscle mass and strength.

What are the risks of HRT for me if I have a womb and have to take both oestrogen and progestogen hormones?

- Venous clots (blood clots) for example, pulmonary embolus and DVT – increased risk if taken by mouth but no increased risk if taken through the skin
- Coronary heart disease – not increased if started in women under 60 years of age, little or no increased risk of up to 5 more cases per 1,000 users over 7.5 years
- Stroke – small increase in risk of up to 5 more cases per 1,000 users over 7.5 years
- Type 2 diabetes – no increased risk of Type 2 diabetes
- Breast cancer – increased risk of 12 more cases per 1,000 users over 5 years and 21 more cases per 1,000 users over 10 years
- Dementia – the effect on dementia is still uncertain

Are there any alternatives to taking HRT?

Alternatives to HRT are discussed in our 'Understanding the Menopause' leaflet which you should have been given. Please ask if you have not received a copy.

Contacts & useful numbers and links

If you have any questions or concerns, do not hesitate to ring the Gynaecology Outpatient Department during 09:00 to 16:00 Monday to Friday New Cross Hospital 01902 307999 Ext. 88363 where a member of the gynaecology staff will assist you or contact your GP.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。