

# HRT; Facts not Myths

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## What is the Menopause?

- Menopause
- Commonly occurs mid 40's onwards
- Natural, Chemical, Surgical
- Ovaries stop producing Oestrogen
- Ending of fertility
- Oestrogen deficiency; short and long term effects

# What is Hormone Replacement Therapy?

- Replacing like for like
- Regulated Bio identical HRT
- Short term and long term health

## Facts about HRT

- Perceptions
- Years of research
- Accurate advice?
- Inequalities /HRT prescribing
- Type and route of HRT
- Benefits V risks
- Long term benefits

## Myths about HRT

- More risks than benefits?
- Fear, hearsay
- Breast cancer
- High BP, migraines
- Conflicting guidance from professionals
- Duration
- Education
- Informed choices

# NICE Guidelines; Facts

- Published November 2015
- Women under 40 need investigations, diagnosis and structured support. ? POI.
- Women under 45 years may benefit from blood tests
- Women over 45 do not need Follicular Stimulating Hormone (FSH) levels
- Unnecessary investigations and expense
- Menopause management should be individualised

## Help and Support

- GP
- Health professionals specialising in menopause care and HRT
- Family and friends
- Evidence based menopause information
- Work place support and training
- Menopause policies
- Improving awareness through education, research and removing stigmas/taboo
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