

Should non-oral HRT be the standard prescribed option?

Submitted by: The Menopause Exchange

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Research published in the British Medical Journal in January 2019 revealed that HRT absorbed through the skin (in patches and gels) is safer than HRT swallowed in a tablet or capsule. Oral HRT products can increase the risk of blood clots in the legs, depending on the hormones used and the dose, but non-oral products don't increase this risk.

In the Summer 2019 issue of The Menopause Exchange newsletter, Dr Kathryn Clement, consultant in Newcastle upon Tyne, discusses whether this study means that all women should be using non-oral HRT. She looks at the pros and cons of transdermal (through the skin) products – and whether these offer a safer approach for most women, rather than taking oral HRT (tablets and capsules).

“Women with risk factors for blood clots may be advised to use non-oral HRT,” says Norma Goldman. “But the question is whether all women should be offered patches and gels as a first-line choice. Every woman is different and many factors need to be taken into account – sometimes, oral HRT will be more suitable. HRT prescribing is a very individual decision-making process.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists, dietitians etc.

Articles in the Summer 2019 issue of The Menopause Exchange quarterly newsletter include the menopause in different cultures, libido at the menopause and vitamins at the menopause, as well as news and Ask the Experts Q&As.

The Menopause Exchange has a number of members who are happy to talk to journalists about their menopause experiences. The members are based in different parts of the UK, which may be of interest to regional publications as well as national ones. Many of the case studies are willing to provide a name and photograph, if required.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, www.menopause-exchange.co.uk. Find us on Facebook and Twitter (@MenopauseExch).

For more information, call 020 8420 7245, e-mail norma@menopause-exchange.co.uk or write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS.

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NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: The menopause at work; A

man's guide to the menopause; Fatigue and the menopause; Prescribing of HRT; Non-hormonal prescribed treatments for menopausal sweats and flushes; Your gut bacteria balance; Hair loss and hair thinning.

3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives talks, seminars and workshops on the menopause to employees in the workplace including hospitals, women and women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.

4. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.

5. All press enquiries to Norma Goldman on 020 8420 7245.