



The 5 “W”s of Menopause Hormone Therapy MHT/HRT

1. WHO

MHT is for those with life-disrupting menopause symptoms—offered by healthcare professionals to help you feel better.

MHT is also recommended for:

Premature Ovarian Insufficiency (under 40) and Early Menopause (under 45): MHT protects against weak bones, heart disease, and cognitive decline, even without symptoms.



Hot Flashes

Sudden heat sensations in the face and upper body, often followed by sweating.



Night Sweats

Waking up drenched in sweat, which can disrupt sleep.



Vaginal Dryness

Making sex uncomfortable and even painful, increasing the risk of urinary infections.



Urinary Symptoms

Needing to go to the bathroom more frequently or urgently.

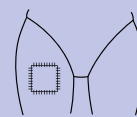
2. WHAT (TYPES OF MHT)

MHT replaces hormones like estrogen and progesterone to ease symptoms like hot flashes, night sweats, and dryness. Progesterone protects the womb for those with a uterus. MHT can be taken in different forms which include:



Tablets:

Easy to take, but may have higher risks of blood clots.



Patches, sprays and gels:

Absorbed through the skin and are often safer for women with certain risk factors.



Vaginal creams, gels, tablets and rings:

Often used for vaginal symptoms like dryness or discomfort during sex.

3. WHEN

When to start & stop MHT:

When to Start: Begin MHT for symptom relief or early menopause to lower risks of osteoporosis and heart disease.

When to Stop: There's no set timeline—some stop after a few years, others use it longer. Regularly review with your healthcare provider.

4. WHY

Why consider MHT?

MHT eases menopause symptoms like hot flashes, night sweats, and vaginal dryness while protecting bone health and reducing heart disease risk when started early.

ARE THERE RISKS?



Small risks:

MHT carries small risks like a slight increase in breast cancer, blood clots (with tablets), and stroke for older women. Discuss these with your healthcare provider to weigh the benefits.

5. WHERE CAN YOU GET MHT?

Accessing MHT:

MHT is available through your healthcare professional, but access may depend on where you live. In some areas, especially in low-income regions, access to MHT can be limited. If you're having trouble finding MHT or want to explore your options, consult a healthcare professional who understands menopause management.



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