

# Menopause & HRT Resources

## Premature Ovarian Insufficiency

### NICE CKS: Amenorrhoea



<https://cks.nice.org.uk/topics/amenorrhoea/>

### Diagnosis of Premature Ovarian Failure

#### NICE CKS



<https://cks.nice.org.uk/topics/menopause/diagnoses/diagnosis-of-premature-ovarian-insufficiency/>

### BMS: POI



<https://thebms.org.uk/publications/consensus-statements/premature-ovarian-insufficiency/>

### Managing Premature Ovarian Failure

- Kiesel L, Kaldewey S (2021); *Different Approaches to Hormone Replacement Therapy in Women with Premature Ovarian Insufficiency*; **GREM Gynecological and Reproductive Endocrinology & Metabolism 2 - 3**:134-139 doi: 10.53260/GREM.212031
  - <https://gremjournal.com/journal/03-2021/different-approaches-to-hormone-replacement-therapy-in-women-with-premature-ovarian-insufficiency/>



- Nash Z, Davies M(2023); *Premature Ovarian Insufficiency. Which Hormonal Therapy Should we Choose?*; **Endocrinologist 147**: 7
  - <https://www.endocrinology.org/endocrinologist/147-spring-23/features/premature-ovarian-insufficiency-which-hormonal-therapy-should-we-choose/>



## Menopause

### NICE: Menopause Quality Standard 143, Diagnosis



<https://www.nice.org.uk/guidance/qs143/chapter/Quality-statement-1-Diagnosing-perimenopause-and-menopause>

### NICE: Menopause: identification and management



<https://www.nice.org.uk/guidance/ng23/chapter/Recommendations#long-term-benefits-and-risks-of-hormone-replacement-therapy>

## Surgical menopause



<https://thebms.org.uk/wp-content/uploads/2024/10/13-BMS-TfC-Surgical-Menopause-SEPT2024-D.pdf>

### Management of Unscheduled Bleeding on HRT



<https://thebms.org.uk/publications/bms-guidelines/management-of-unscheduled-bleeding-on-hormone-replacement-therapy-hrt/>

## Menopause: Easy Read Patient Leaflets



<https://themenopausecharity.org/information-and-support/living-with-other-conditions/easy-read-menopause-information-in-english-and-welsh/>

## Lancashire Women



<https://lancashirewomen.org/menopause-hormone-changes/>

## Contraception

### UK MEC Calculator



<https://www.ukmec.co.uk/>

### UK MEC Guidance



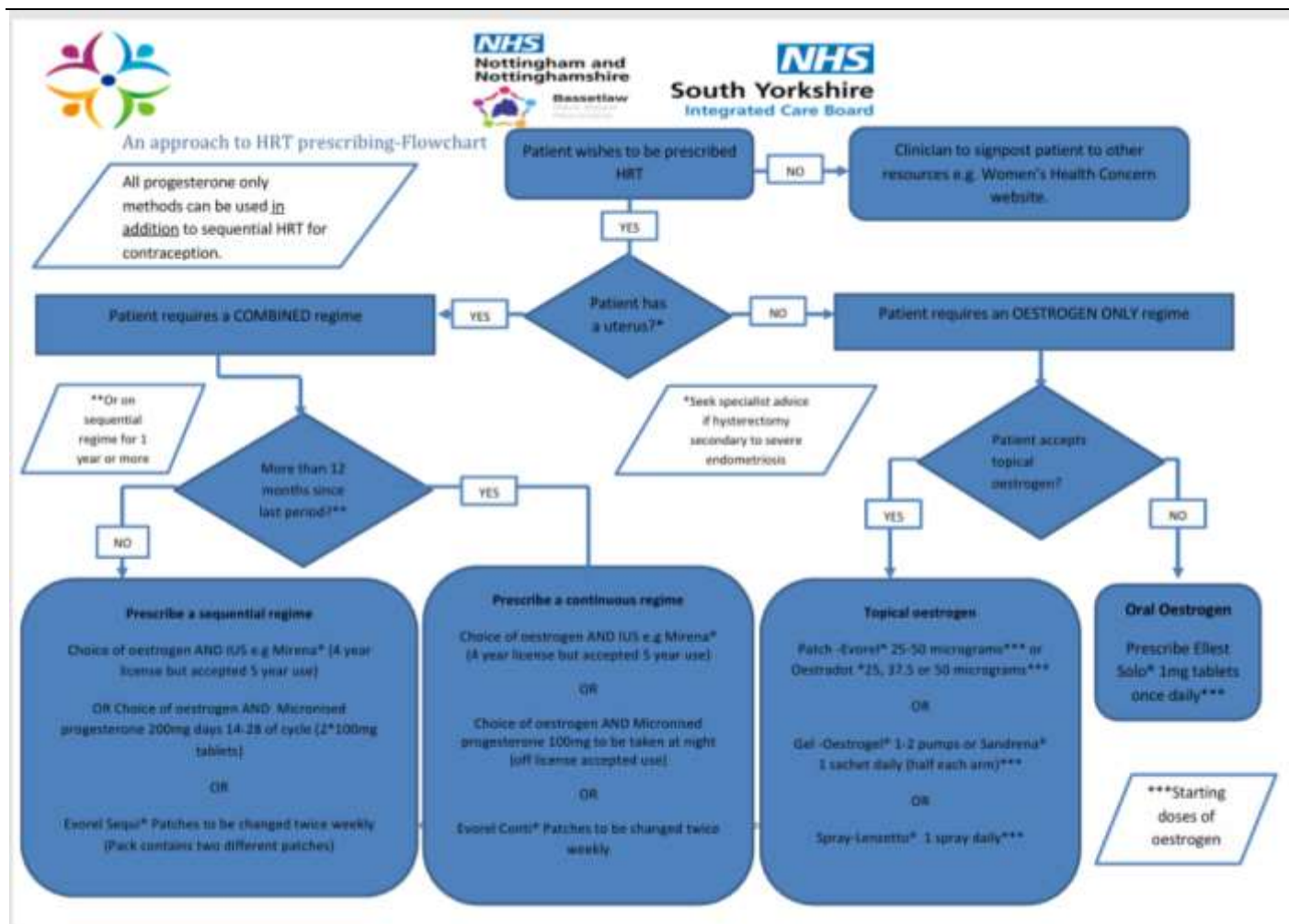
<https://www.fsrh.org/Public/Standards-and-Guidance/uk-medical-eligibility-criteria-for-contraceptive-use-ukmec.aspx>

### FSRH Clinical Guideline: Contraception for Women Aged over 40 Years



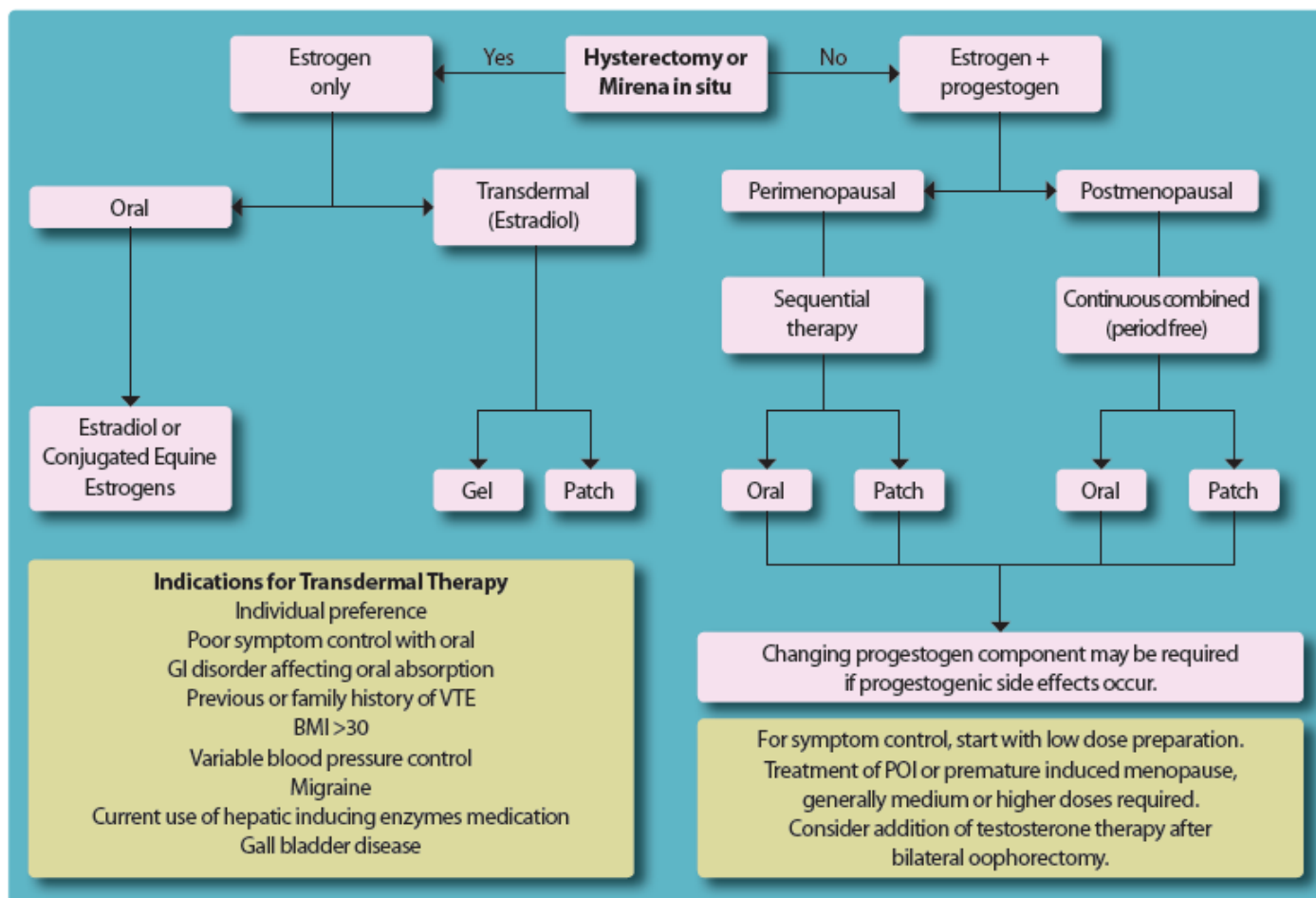
<https://fsrh.org/Public/Documents/fsrh-guidance-contraception-for-women-aged-over-40-years-2017.aspx>

# Prescribing in Menopause



## Estradiol-approximate equivalent doses

	Ultra low	Low	Medium	High
Oral	0.5mg	1.0mg	2.0mg	3-4mg
Patch	Half 25	25	50	75-100
Gel-pump	½ pump	1 pump	2 pumps	3-4 pumps
Gel-Sachet	½ x 0.5mg sachet-0.25mg	0.5mg	1-1.5mg	2-3mg
Spray	1 spray	2 sprays	3 sprays	—



### Review

- > Commenced on HRT or HRT changed — three months
- > Established on HRT — at least annually
- > Each review should assess effectiveness and side effects of therapy; discuss any bleeding pattern; review type and dose, help assess ongoing risk/benefit balance.

### When to refer to secondary care

- > Persistent side effects
- > Poor symptom control
- > Complex medical history
- > Past history hormone dependent cancer
- > Bleeding problems —
  - > **Sequential HRT** — if increase in heaviness or duration of bleeding, or if bleeding irregular
  - > **Continuous combined** — if bleeding beyond six months of therapy, or if occurs after spell of amenorrhoea.

### Summary

The safety of HRT largely depends on age. Women younger than 60 years should not be concerned about the safety profile of HRT. For most women, the potential benefits of HRT given for a clear indication are many and the risks are few when initiated within a few years of menopause.

<https://thebms.org.uk/wp-content/uploads/2022/12/04-BMS-TfC-HRT-Guide-NOV2022-A.pdf>

## BMS HRT Guide



<https://thebms.org.uk/wp-content/uploads/2022/12/04-BMS-TfC-HRT-Guide-NOV2022-A.pdf>

## HRT – types, doses and regimens



<https://www.womens-health-concern.org/wp-content/uploads/2022/11/27-WHC-FACTSHEET-HRT-Doses-NOV2022-A.pdf>

## HRT preparations and equivalent alternatives



<https://thebms.org.uk/wp-content/uploads/2024/02/15-BMS-TfC-HRT-preparations-and-equivalent-alternatives-JAN2024-B.pdf>

## Prescribable alternatives to HRT



<https://thebms.org.uk/wp-content/uploads/2022/12/02-BMS-TfC-Prescribable-alternatives-to-HRT-NOV2022-A.pdf>



## Testosterone

### BMS: Testosterone replacement in menopause



<https://thebms.org.uk/wp-content/uploads/2022/12/08-BMS-TfC-Testosterone-replacement-in-menopause-DEC2022-A.pdf>

### Testosterone Patient Factsheet



<https://www.womens-health-concern.org/wp-content/uploads/2022/12/22-WHC-FACTSHEET-Testosterone-for-women-NOV2022-B.pdf>

## Safety Alerts

### Appropriate Doses



<https://thebms.org.uk/2023/04/joint-bms-fsrh-rcgp-rcog-sfe-and-rcn-womens-health-forum-safety-alert/>

### Tachyphylaxis

<https://thebms.org.uk/2023/09/tachyphylaxis-with-hrt/>



## Greater Manchester Formulary Guidance



<https://gmmmg.nhs.uk/guidance/clinical-guidance-and-pathways/>

*(Cheshire/Mersey and Lancashire/Cumbria use the BMS and NICE guidance)*

## BMS Menopause Practice Standards



<https://thebms.org.uk/wp-content/uploads/2022/12/BMS-Menopause-Practice-Standards-DEC2022-A.pdf>

## Tools for Clinicians



<https://thebms.org.uk/publications/tools-for-clinicians/>

## Breast Cancer

### NICE: Clinical significance of a family history of breast cancer



<https://www.nice.org.uk/guidance/cg164/chapter/Recommendations#clinical-significance-of-a-family-history-of-breast-cancer>

### Breast Cancer Risk Factors



<https://www.womens-health-concern.org/wp-content/uploads/2022/12/01-WHC-FACTSHEET-BreastCancer-NOV2022-C.pdf>

### HRT and breast cancer risk



<https://thebms.org.uk/wp-content/uploads/2022/12/12-BMS-TfC-Fast-Facts-HRT-and-Breast-Cancer-Risk-NOV2022-A.pdf>

## Understanding the risk of Breast Cancer

Approximate number of women developing breast cancer over the next five years.

Diagnosis and management  
November 2015

### 23 cases of breast cancer diagnosed in the UK general population



### An additional four cases in women on combined hormone replacement therapy (HRT)



### Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



### An additional four cases in women on combined hormonal contraceptives (the pill)



### An additional five cases in women who drink 2 or more units of alcohol per day



### Three additional cases in women who are current smokers



### An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



### Seven fewer cases in women who take at least 2½ hours moderate exercise per week



<https://www.womens-health-concern.org/wp-content/uploads/2019/10/WHC-UnderstandingRisksofBreastCancer-MARCH2017.pdf>