

HRT – Guide



Introduction:

The safety of HRT largely depends on age. Healthy 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.

For the different types of systemic HRT currently available and treatment options please refer to the algorithm overleaf.

Vaginal Oestrogen

Indications	Options
- When vaginal and/or bladder symptoms of urogenital atrophy predominate, vaginal oestrogen alone can be used. - Vaginal oestrogen may also be required in addition for some women taking systemic HRT.	- Estradiol – Vaginal tablet: Vagifem 10, Ring: Estring (changed 3 monthly) - Estril – Ovestin (0.1%) and Gynest (0.01%) creams, Imvaggis pessary 0.03mg, Blissel 50 micrograms vaginal gel - Tablets and creams should be used nightly for 2 weeks (3 weeks for pessary and gel) and then twice weekly. Twice weekly maintenance doses can be continued long-term; symptoms frequently recur on cessation of therapy. Systemic absorption is minimal and progestogen is not required.

Systemic HRT

Indications	Duration of Treatment
Symptom control	For as long as it is felt that benefits of symptom control and improvement in quality of life outweigh any risks, there are NO arbitrary limits.
Treatment of Premature Ovarian Insufficiency (POI)	At least until average age of menopause (51 in UK)
Prevention and treatment of Osteoporosis	Therapy for several years may be required, followed by consideration of use of other bone-protective therapy

Proven benefits:

- Control of menopausal symptoms.
- Maintenance of BMD (bone mineral density) and reduced risk osteoporotic fractures.

Additional Potential Benefits:

- Reduced risk coronary heart disease and reduced risk Alzheimers disease when estrogen started early.
- Reduced risk colorectal cancer.
- Reduced risk Type 2 DM (diabetes mellitus).

Known risks:

- Endometrial cancer** (if oestrogen only given when uterus present). Reduced by addition of progestogen. Continuous progestogen provides better long-term protection than cyclical.
- DVT/PE: Background risk is 1.7 per 1,000 women aged over 50. Greatest risk in 1st 12 months. No increase in risk of VTE with transdermal.
- CHD: Possible increase when combined HRT started in older women (>60), or with pre-existing CHD. 1st 10 years after menopause = Cardiovascular 'window of opportunity'.
- Stroke: Increased when oral HRT started in older women (> 60 years).
- Breast cancer: Probably increased slightly after a minimum of 5 years' use of combined HRT, over the age of 50—additional 3–4 cases per 1,000 women. Risk associated with Oestrogen alone is very much less. Mortality is not increased.

NB postmenopausal obesity or 2 or more units alcohol per day associated with greater breast cancer risk than 5 years combined HRT.

Remedies Of Hrt

Marilyn Glenville



Remedies Of Hrt:

Natural Solutions to Menopause Marilyn Glenville, 2011-03-18 This complete guide to menopause offers effective advice on diet exercise and lifestyle to keep you in optimum health before during and after this change in your life With entirely natural solutions free from the side effects that are common to hormone replacement drug therapies this sensitive and informative guide includes A 12 Step Hormone Balancing Diet Relief from symptoms such as hot flushes night sweats and weight gain The truth about HRT to help you make an informed decision if you consider it How to prevent health problems such as osteoporosis and heart disease Simple steps to good energy levels body fitness and a fulfilling sex life beyond the menopause Understand what your body needs and you can prepare yourself for the menopause successfully manage your symptoms and enjoy the best possible health beyond it

Harmony in Hormones: A Comprehensive Guide to Menopause Treatment Derek Lambert NP, 2024-01-10 Harmony in hormones is a book that describes the process of hormone replacement therapy in women who are in the perimenopause or menopause phase of life This book highlights the benefits of hormone replacement therapy and why estrogen progesterone and testosterone are so beneficial to the female body

Oxford American Handbook of Geriatric Medicine Lesley Bowker, James Price, Sarah Smith, 2010-05-04 Resource added for the Gerontology program 105441

Herbal Therapy for Women Elisabeth Brooke, 2018-10-30 More and more women are discovering that herbal remedies can provide natural and effective treatments for their health problems particularly when orthodox methods fail to help Herbal Therapy for Women provides a concise intelligent introduction to herbs and herbalism It explains how to prepare teas and tinctures from fresh or dried herbs which herbs are suitable for healing each ailment and how herbs can enhance each stage of a woman s life from puberty to menopause This is a reissue of the popular 1992 classic

Managing the Menopause Nick Panay, Paula Briggs, Gab Kovacs, 2015-08-20 Since the Women s Health Initiative report of 2002 there has been reluctance to provide women with hormone replacement therapy due to a lack of clarity about the potential risks This book reviews all aspects of the menopause and places the benefits and risks of hormone therapy into perspective It fully informs the reader regarding the evidence base of all aspects of menopause medicine and can be used either as a reference book to solve specific problems or as a book to be read cover to cover It will provide the reader with the latest information and as a result encourage confidence in managing menopause related problems This practical evidence based guide is suitable for all health professionals managing the menopause including gynaecologists sexual and reproductive medicine specialists general practitioners and trainees in any of the above specialties

Discover Your Menopause Type Joseph Collins, 2010-12-01 Take Charge of Your Menopause This groundbreaking book the first to reveal 12 distinct menopause types and how best to treat each gives you the information you need to take charge of this challenging and sensitive life stage Inside Dr Joseph Collins demolishes the one size fits all philosophy of menopause treatment revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to

all women Inside you ll discover Natural Coventional treatments that are best for you Necessary nutrients for a healthy menopause How to weigh the risks and benefits of Hormone replacement therapy And much much more At last a well referenced resource on the advantages of natural versus synthetic hormone replacement therapy Dana Reed Kane Pharm D F A C A F I A C P Finally a book that teaches the importance of balance and actually shows everyone what many women have suspected all along There is more than one type of menopause Luana Stone menopause patient

Take Control of Your Menopause: Teach Yourself Janet Wright, 2010-08-27 Teach Yourself the world s leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at www.teachyourself.com for tests extension articles and a vibrant community of like minded learners And if you don t have much time don t worry every book gives you 1 5 and 10 minute bites of learning to get you started Offers the very latest advice on both complementary and traditional therapies including natural therapy and HRT Gives you not only advice on coping with symptoms but how to prevent them Explains clearly exactly how your body is changing Plenty of practical suggestions for nutrition fitness and coping with emotional ups and downs One of the few really objective guides that just tells you what you need to know Written by an experienced health writer who ll explain all the issues in the clearest manner possible so you can make a choice that works for you Teach Yourself Your Menopause will give you a clear and steady path through the maze of conflicting information offering a comprehensive guide to the years immediately before during and after the menopause and treating it not as a disease but as another stage in your life It will explain what exactly is happening in your body and help you understand the physical mental and emotional impacts signs and symptoms of these changes It will offer you support as you face the end of your fertile years realistic advice for contraceptive choices and insight into your sexuality at this stage You will receive the latest guidance on what treatment you should and shouldn t seek for any difficult symptoms from traditional medicine and natural alternatives alike and practical tips on lifestyle choices such as fitness nutrition and mind and mood in this comprehensive and supportive guide to making the period both during and after the menopause as satisfying and fulfilled as possible

Sex, Meaning and the Menopause Sue Brayne, 2011-06-02 A menopausal woman s search for what matters and a challenge to the myth that all older women want to remain sexually active

Annual Review of Women's Health III Beverly J. McElmurry, McElmurry, 1996 Volume III presents current findings on specific women s health topics including sexual harassment clinical trials in older women menopau se violence against health workers lesbian women t access to health care community based services for vulnerable populations autoimmunit y and gender effects hypertension management suicide in Latina femal e youth domestic violence against women and children female circumci sion and more

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The Complete Idiot's Guide to Menopause Deb Baker, Maureen Pelletier, M.D; C.C.N; F.A.C.O.G., 2000-10-12 This guide for women in their late thirties to late fifties is meant to demystify the menopause condition symptoms remedies side effects and emotional impact The information about remedies includes both traditional and alternative treatments The author stresses the benefits of good nutrition and fitness

Hormone Balance Fix Tessa Kwan, AI, 2025-03-17 Hormone Balance Fix addresses the widespread issue of hormonal imbalance a key factor influencing weight mood and energy It explores how the endocrine system functions and how imbalances can arise from stress diet and environmental factors Did you know that hormones like cortisol estrogen and insulin profoundly impact your physiological processes The book uniquely empowers readers to naturally restore equilibrium through diet and lifestyle modifications offering a holistic approach to health and fitness The book champions managing and reversing hormonal imbalances through the body s self regulation via diet and lifestyle It details targeted dietary interventions stress management sleep optimization and exercise protocols By integrating scientific research with actionable advice the book progresses from foundational knowledge to personalized strategies helping individuals identify their unique hormonal needs The book unfolds in three parts an introduction to hormone function and imbalances a focus on dietary interventions and an exploration of lifestyle factors This clear progression culminates in a personalized action plan making it a valuable resource for anyone seeking a natural evidence based approach to health and hormone balance

Oxford Handbook of Geriatric Medicine Lesley K. Bowker, James D. Price, Kunal S. Shah, Sarah C. Smith, 2018-03-09 This new edition of the Oxford Handbook in Geriatric Medicine has been expanded and updated to reflect the substantial changes in clinical practice since the previous edition including the Francis report and the impact on care for the older patient the National Dementia Strategy and screening and the evolution of the role of Geriatricians in other specialties It includes new material on risk scoring management of TIA and a new chapter on the older surgical patient With an ageing population geriatric medicine is increasingly central to emergency and internal medicine in hospital settings and in general practice Diseases are more common in the older person

and can be particularly difficult to assess and to treat effectively in a field that has limited evidence yet makes up a substantial proportion of the work of most clinicians Using clinical vignettes and how to boxes to provide practical advice on common problems this is a practical accessible and essential handbook for all medical staff who manage older patients

Johns Hopkins Internal Medicine Board Review E-Book The Johns Hopkins Hospital, Redonda Miller, Stephen Sisson, 2015-09-16 Don't gamble on the most important exam of your career ace the boards with The Johns Hopkins Internal Medicine Board Review Brought to you from the birthplace of Internal Medicine and regarded as the most effective review tool in the specialty it will ensure you're as equipped as possible on your way to certification or recertification From internists to primary care physicians this no-nonsense book is a must-have companion for everyone in the field Respected experts summarize just the imperative information you need to know for certification or recertification Comprehensive review text bolded key information and helpful tables and algorithms equip you with all the core knowledge you need Exam taking tips and tricks allow you to go into the exam with confidence Expert Consult eBook version included with purchase This enhanced eBook experience allows you to test your skills and simulate the exam experience with over 1 000 additional exam questions in study and test modes Features full color clinical images covering all the image types you'll see on the boards including x-rays common skin findings peripheral blood smears ophthalmology findings and CT and MR images

Family Practice Guidelines Jill C. Cash, 2023-01-30 Praise for earlier editions This is a wonderful book for both novice and experienced physician assistants and nurse practitioners This latest edition will see frequent use in your daily practice Score 100 5 stars Doody's Medical Reviews This textbook provides comprehensive coverage of primary care disorders in an easy-to-read format and contains invaluable step-by-step instructions for evaluating and managing primary care patients It belongs in every NP and PA's reference library I highly recommend this wonderful textbook Maria T Leik MSN FNP BC ANP BC GNP BC President National ARNP Services Inc This core nursing resource has long served as an essential text for thousands of NP students and as a valued clinical reference for family practice and primary care clinicians The sixth edition continues to provide current practice guidelines and professional standards of care across the life span with the addition of updated information in all chapters updated patient teaching guides and charts and new charts featuring enhanced readability The book provides new content on COVID 19 treatment and vaccines and new guidelines for dermatology including photos respiratory disease cardiovascular disease genitourinary considerations neurologic conditions and infectious diseases Offering succinct and practical counsel the book features detailed step-by-step instructions for physical examinations and diagnostic testing information on health promotion guidelines of care dietary information common procedures and patient resources Chapters are organized by body system with disorders alphabetized for ease of reference Client Teaching Guides available in print and digital format perform double duty as both patient handouts and concise study tools Consistent guidelines for more than 275 disorders facilitate ease of use and Clinical Pearls highlight key information In

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 care points for pediatric pregnant and geriatric patients Includes Client Teaching Guides serving as both patient take home
 teaching supplements and study guides for students **Get Through New MRCGP: Clinical Skills Assessment** Bruno
 Rushforth,2008-02-07 The Clinical Skills Assessment has been developed as an assessment of a doctor s ability to integrate
 and apply clinical professional communication and practical skills appropriate for general practice Candidates will have to
 see 13 patients during the exam presenting with problems that will test the doctor s skills in diagnosis problem so *Family
 Medicine* Kimberly S. G. Chang,2007 Blueprints Clinical Cases in Family Medicine Second Edition offers third and fourth
 year medical students valuable preparation for clerkships and the USMLE Steps 2 and 3 The book features 60 clinical cases
 10 new to this edition and 50 revised and updated from the first edition Each case consists of a clinical vignette followed by
 thought questions and discussion and ends with a question and answer review and a listing of suggested additional reading A
 question and answer section at the end of the book contains 100 USMLE format multiple choice questions and detailed
 answer explanations **The Menopause, hormone therapy, and women's health.** , **The Skin Boss** Courtney
 Sykes,2024-10-07 Skin care is rooted in self love and respect for one s own internal and physical well being Unfortunately it
 is often misunderstood because of the varying opinions both online and on social platforms The good news is that skincare
 enthusiasts and licensed skin therapists alike can always learn more in their search to develop a better understanding of skin
 In a comprehensive guide Courtney Sykes relies on her experience as a skin care entrepreneur and founder of the largest
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 becoming a knowledgeable Skin Boss The Skin Boss chronicles a skin care expert s experiences while sharing tips tools
 trends and scientific facts that boost knowledge and offer valuable insight into an exciting industry Diagnosis as Cultural
 Practice Judith Felson Duchan,Dana Kovarsky,2009-02-26 This book is about the doing and experiencing of diagnosis in
 everyday life Diagnoses are revealed as interactive negotiations rather than as the assigning of diagnostic labels The authors

demonstrate through detailed discourse analyses how the diagnostic process depends on power and accountability as expressed through the talk of those engaged in the diagnostic process The authors also show that diagnostic decisions are not only made by professional experts trained in the art and science of diagnosis but they can also be made by anyone trying to figure out the nature of everyday problems Finally diagnostic reasoning is found to extend beyond typical diagnostic situations occurring in unexpected places such as written letters of recommendation and talk about the nature of communication Together the chapters in this book demonstrate how diagnosis is a communication practice deeply rooted in our culture The book is interdisciplinary and unusually broad in its focus The authors come from different experiential scholarly backgrounds Each of them takes a different look at the impact and nature of the diagnostic process The diagnoses discussed include autism Alzheimer s disease speech and language disorders and menopause The focus is not only on the here and now of the diagnostic interaction but also on how diagnoses and diagnostic processes change over time The book can serve as an undergraduate or graduate text for courses offered in various disciplines including communication sociology anthropology communication disorders audiology linguistics medicine and disability studies

Embracing the Beat of Appearance: An Psychological Symphony within **Remedies Of Hrt**

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