

World Menopause Day

2024



The 5 Ws of Menopause Hormone Therapy (MHT)

2. What is MHT?

MHT, traditionally also called Hormone Replacement Therapy (HRT), helps to relieve symptoms of menopause and protect your health. It comes in different forms which include: **Tablets, Patches, Sprays, Gels, and Vaginal tablets, creams, pessaries and rings.** *Your healthcare professional will help you choose the best option based on needs and health history.*



3. When should MHT be started and stopped?

- **Start:** MHT is usually started when menopause symptoms become troublesome. Women with early menopause or Premature Ovarian Insufficiency are recommended to start MHT after diagnosis to protect their long-term health.
- **Stop:** There is no set time for when to stop MHT. It depends on how long you need relief from your symptoms. You and your healthcare professional will decide the best time to stop based on your health.



5. Where can you get MHT?

MHT is available through your healthcare professional. In some places, access to MHT may be limited, especially in low and middle-income countries. *It's important to talk to a healthcare professional who understands menopause and can guide you through the options.*

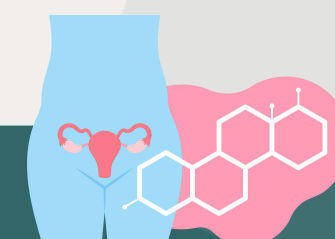
World Menopause Day is celebrated every year on 18th October. It was founded by the International Menopause Society (IMS) which brings together the world's leading experts on menopause and midlife women's health to improve the experience of women globally. Menopause Info is the IMS website for women.

1. Who is MHT for?

Your healthcare professional (doctor, nurse, etc.) may offer you MHT if you are experiencing bothersome symptoms during menopause, including:

- **Hot flushes:** Sudden waves of heat
- **Night sweats:** Waking up drenched in sweat
- **Vaginal dryness:** Which can make sex uncomfortable
- **Urinary problems:** Such as needing to urinate often or urgently

MHT is also important for women who enter menopause early (before 45) or have a condition called Premature Ovarian Insufficiency (menopause before 40). These women might not always have symptoms, but MHT can help protect their bones, heart, and brain.



4. Why is MHT important?

MHT is important because it:

- **Relieves menopause symptoms:** like hot flushes, night sweats, and vaginal dryness.
- **Protects your bones:** it helps prevent osteoporosis, a condition that makes bones weak and more likely to break.
- **Supports heart health:** MHT may reduce the risk of heart disease in some women (but it is not licensed for this).

However, MHT is not for everyone.

There are small risks, including:

- Breast cancer
- Blood clots
- Stroke

These risks vary depending on your health, age, and how long you use MHT, so it's important to talk to your healthcare professional about whether MHT is right for you.

More detailed information on The 5 Ws of Menopause Hormone Therapy (MHT) is available via this QR code or the websites below.



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