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Menopause happens when your ovaries stop producing the hormone oestrogen. Your periods stop and you officially reach menopause when you have gone 12 months without a period.

Understanding the menopause | Age, symptoms and treatment ...

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Understanding the Menopause and HRT (Family Doctor Series ...

Perimenopause brings with it many of the symptoms of menopause and can last for up to ten years. Faced with a whole decade of irregular periods, severe mood disruption, hot and cold flushes, poor sleep and many other hormonal upsets, it is no surprise that menopausal women can become depressed or suffer from anxiety. There is a solution: HRT

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HRT and Weight Loss - one woman's story | Menopause Doctor

They usually came to me for advice but were often very scared about the thought of taking HRT as they have read such negative press about it, despite the NICE guidance on the menopause which was produced in November 2015. Giving HRT to menopausal women is really one of the most rewarding things I do as a doctor.

Understanding the Menopause - Menopause Doctor Louise Newson

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Hormone replacement therapy (HRT) is a treatment to relieve symptoms of the menopause. It replaces hormones that are at a lower level as you approach the menopause. Benefits of HRT. The main benefit of HRT is that it can help relieve most of the menopausal symptoms, such as: hot flushes; night sweats; mood swings ; vaginal dryness; reduced sex drive

Hormone replacement therapy (HRT) - NHS

A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment. Difference in breast cancer incidence per 1,000 women aged 50-59. Approximate number of women developing breast cancer over the next five years. NICE Guideline, Menopause: Diagnosis and management November 2015
Understanding the risks of breast cancer

Understanding the risks of breast cancer - Menopause Matters

The menopause is a natural part of ageing that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51. But around 1 in 100 women experience the menopause before 40 years of age. This is known as premature menopause or premature ovarian insufficiency.

Menopause - NHS

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Menopause and HRT (Understanding) (Family Doctor Books ...

A woman applying an HRT patch. Photograph: Phanie/Alamy ... you need to understand the problems. It became obvious that there were three big hurdles to better menopause care and support, and ...

Ignorance about menopause is destroying lives - and it's ...

Another treatment is Hormone Replacement Therapy (HRT) which involves taking medication that contains hormones (oestrogen and progestogen) that a woman's body stops producing after menopause. HRT can be given in many different ways including tablets, patches, or vaginal creams or pessaries.

Understanding the menopause - Pharmacy2U News

Hormone replacement therapy (HRT) is the most effective and widely used treatment for menopausal symptoms. As its name suggests, it is simply a way of replacing the hormone oestrogen that is lost during the menopause. HRT aims to relieve those symptoms related to oestrogen deficiency - such as hot flushes, vaginal dryness, and osteoporosis.

The menopause | Women's Health Concern

Hormone replacement therapy Hormone replacement therapy (HRT) is a treatment used to ease the symptoms of the menopause. It tops up, or replaces, low levels of the hormone oestrogen. Sometimes you'll need to take progesterone too.

understanding-the-menopause

Hormone Replacement therapy (HRT) is the most effective and commonly prescribed treatment for menopausal symptoms. As the name suggests, it replaces the hormone oestrogen that is lost during the menopause. You can take HRT as tablets or through a patch or gel on your skin. Women considering HRT have lots of choices!

Menopause & Me/What is Hormonal Replacement Therapy (HRT)?

By understanding the differences between men, pre-menopausal and post-menopausal women in their risks of developing COVID-19 and suffering severe consequences - and how HRT and other medicines affect this - we hope to provide evidence for policy-makers and advance scientific understanding of sex hormones in infectious disease responses.

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