

Understanding The Menopause And Hrt Family Doctor Series

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It's disappointing that there's no convenient menu that lets you just browse freebies. Instead, you have to search for your preferred genre, plus the word 'free' (free science fiction, or free history, for example). It works well enough once you know about it, but it's not immediately obvious.

Understanding The Menopause And Hrt

Risk of osteoporosis increases after menopause, when levels of estrogen — which helps preserve bone density — drop. Until recently, most doctors recommended long-term hormone replacement therapy (HRT) to treat postmenopausal women who need medication to prevent bone loss.

Understanding Menopause - Harvard Health

Understanding Menopause and HRT What is the Menopause? The Menopause is officially defined as the last day of your last menstrual period, but most people use the word "menopause" when they talk about the symptoms that can occur in the months or years when a woman's fertility is winding down.

Understanding Menopause and HRT - Bray Women's Health Centre

During menopause, your estrogen levels fall. Some women get uncomfortable symptoms like hot flashes and vaginal dryness. HRT (also known as hormone therapy, menopausal hormone therapy, and estrogen...

Menopause and HRT: Hormone Replacement Therapy Types and ...

Hormone Replacement Therapy (HRT) More. Alternatives to HRT. More. Newson Health works to improve women's and healthcare professionals' understanding of the menopause. No pharmaceutical companies contribute to the cost of providing this education nor has any input into or control over the content of our work, all of which expresses our ...

Explaining Menopause, HRT and the Alternatives | Dr Louise ...

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

Hormone replacement therapy (HRT) is an option for many women who wish to combat the health risks that increase during their postmenopausal years. But this therapy may have its own risks. Benefits : Estrogen therapy (with or without progesterone) may relieve hot flashes, night sweats, vaginal dryness and protect against bone loss.

Postmenopause: Signs, Symptoms, & Treatments | University ...

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 ...

Perimenopause and HRT Hormone replacement therapy (HRT) is a treatment option for women looking to balance their hormone levels. While HRT is a viable, effective treatment option for perimenopause, women should be aware of the risks involved.

Perimenopause and Hormones - Menopause Stages | Menopause Now

Women not on hormone replacement therapy (HRT) generally will see this number drop even more over time; after about five years, it's common for menopausal women who aren't on HRT to have estradiol levels below 25.

Hormone Tests & Estradiol and FSH Levels Chart | Early ...

Understanding the menopause News 12th January 2016 Enquiries & appointments ... Hopefully this trend will change following the publication of the NICE Guidance on the Menopause and HRT in mid-November this year, which strongly advocates the use of HRT, and encourages the use of specialist local clinics to provide key advice and ongoing support ...

Understanding the menopause | KIMS Hospital

Combination HRT includes both estrogen and progestogen, taken either separately or in one formulation. The estrogen is intended to replace the estrogen the body is losing naturally due to menopause. Progestogen is there to lower the risk of cancer in the uterus, since estrogen given by itself can increase that risk.

Understanding Hormone Replacement Therapy

Menopause Causes A woman is born with all of her eggs, which are stored in her ovaries. Her ovaries also make the hormones estrogen and progesterone, which control her period (menstruation) and the...

Menopause: Definition, Symptoms, Causes, Treatment, and ...

ANSWER: Hot flashes are a common symptom when women go into menopause — 60% to 80% of women will experience them. About half of women will stop having hot flashes after about five years.

To Your Good Health: Does HRT affect the duration of hot ...

There's a simple way to understand the menopause.... ...It's like puberty in reverse. Both are a result of significant hormonal changes, affecting physical, emotional and social aspects of your life. A confused you, and confused family and friends... who don't know what's going on. Hormones affect just about everything that goes on in a woman's body, from reproductive function and sexual libido to weight gain and overall mood.

Peri-menopause — The Menopause Hub

Your doctor may prescribe some form of hormone replacement therapy (HRT) to treat hot flashes or other symptoms related to menopause. How this treatment affects your headaches will be unique to...

Menopause and Headaches: Know the Facts

HRT Use And Breast Cancer In Southern Sweden. A Swedish study looked at 30,000 women aged 25 to 65. Note: this is one of the only larger-scale HRT studies that included younger women. Of this group, about 3,700 were on HRT at one time or another.

The Women's Health Initiative (WHI) HRT Study ...

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

Below are frequently asked questions about menopause symptoms with answers from our experts. The first step in understanding menopause symptoms is learning what they are and how they might affect you. So learn more about the symptoms of menopause by reading the answers below.

Menopause FAQs: Understanding the Symptoms

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