



# Harley Street at Home

Menopause

## HRT Benefits and Risks

### Benefits

- Starting HRT in peri-menopause or just after menopause can have health advantages, such as protection against:
  - Osteoporosis
  - Alzheimer's disease
  - Heart disease
  - Stroke
- Relieves menopause symptoms
- Shown to reduce overall risk of death

### Risks

- Small increased risk of breast cancer with combined oestrogen and progesterone, but:
  - The risk is equivalent to drinking a glass of wine each night
  - No increased risk of death from breast cancer when taking HRT
  - Obesity is the biggest risk factor and increases the risk by 6 times