



Harley Street at Home

Menopause

HRT Explained

Why use HRT?

Ageing causes our ovaries to make less oestrogen (and testosterone)... causing menopause symptoms! Oestrogen receptors are on lots of organs, meaning all these organs are affected by an oestrogen deficiency. HRT (Hormone Replacement Therapy) replaces oestrogen, reducing symptoms.

Testosterone Replacement

- Male and female hormone
- Decreased production in ovaries with ageing
- Low levels cause low moods, reduced strength and energy, poor libido and musculoskeletal aches
- If menopausal symptoms don't improve, discuss testosterone replacement at female doses with a GP
- Doesn't cause masculine side effects
- Male testosterone products available on NHS but they're not licensed
- Female testosterone available on private prescription



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Progesterone Replacement

- Important to use in women with a uterus when given oestrogen HRT
- Progesterone prevents over-thickening of womb lining, which could cause cancer
- Can aid sleep
- Mirena coil - lasts 5 years
- Utrogestan - taken orally and has least side effects of any progesterone.
- Cyclical method - taking progesterone on days 17-28 of cycle
- Continuous method - taking progesterone every day

Oestrogen Replacement

- Safer through skin
- Patch: small plaster on skin that's changed every 3 days. Most contain only oestrogen
- Gel: in a pump dispenser. Available as estrogel or sachet Sandrena. Applied daily on skin of leg, arm, buttock or tummy. Absorbed during drying.
- New spray called Lenzetto - available privately only