

# MHT INFORMATION BOOKLET

## TLDR SUMMARY

### THE BOTTOM LINE ON MHT

MHT (Menopausal Hormone Therapy) is a safe, effective treatment that can transform your postmenopausal health and quality of life.

#### KEY FACTS

40% of your life is spent postmenopausal - you deserve to feel well  
MHT is recommended by NICE as first-line treatment for menopausal symptoms

Modern MHT is extremely safe when using body-identical hormones through the skin

Benefits far outweigh risks for most women, especially if started within 10 years of menopause

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#### THE SAFEST APPROACH



17 beta-estradiol (body-identical estrogen) via patch, gel, or spray  
Micronised progesterone (if you have a uterus)  
No blood clot risk with transdermal delivery  
Individualized dosing - no arbitrary limits

#### MAJOR BENEFITS

Heart protection - reduces cardiovascular disease risk  
Brain health - 58% lower Alzheimer's risk when started in midlife  
Bone strength - prevents osteoporosis and fractures  
Mood improvement - boosts serotonin production  
Cancer prevention - 20% reduction in bowel cancer  
Diabetes prevention - improves insulin sensitivity.

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# RISK REALITY CHECK

Breast cancer risk is tiny - obesity and alcohol create higher risk than 5 years of MHT

Heart disease kills 2x more women than breast cancer

No weight gain from MHT - actually helps with belly fat

Side effects are temporary - usually settle within 3 months.

## AGE MYTHS BUSTED

No age limit for starting or continuing MHT

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Can start after 60 if appropriate for you

No need to stop at 65 - continue as long as benefits outweigh risks

## GETTING STARTED

1. Document your symptoms and prepare questions
2. Share complete health history with your GP
3. Request baseline tests (cholesterol, blood pressure, thyroid, vitamin D)
4. Ask for body-identical transdermal MHT as first choice
5. Expect 3-month follow-up to assess response

## IF YOUR GP HESITATES

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Mention NICE guidelines recommend MHT as first-line treatment

Ask for menopause specialist referral

Seek second opinion from GP with menopause interest

The logo for Menopause Hub, featuring the letters 'MHT' in a stylized, cursive script.

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