

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

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.

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
- ✗ 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

- Mention NICE guidelines recommend MHT as first-line treatment
- Ask for menopause specialist referral
- Seek second opinion from GP with menopause interest

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Making menopause information accessible and understandable