

Hormone Replacement Therapy (HRT)

What it is:

HRT is a treatment that replaces the hormones, mainly **oestrogen**, and **progesterone** if you still have a uterus, that naturally decline during perimenopause and menopause. Replacing these hormones can help manage symptoms and support long-term health.

What you might notice:

You may feel unsure about whether HRT is safe, whether it's right for you, or confused by mixed messages in the media. You might also find conversations with clinicians rushed or difficult or feel that your symptoms aren't being fully understood.

What may help:

HRT can help with a wide range of symptoms, including:

- Hot flushes
- Night sweats
- Low mood related to hormone changes
- Joint pain
- Vaginal dryness
- Bone protection

HRT comes in different forms on the NHS, including:

- Skin **patches**
- **Gels**
- **Sprays**
- **Tablets**



- **Vaginal oestrogen** (creams, tablets, pessaries, or rings)

You are entitled to a clear, unrushed discussion about **risks, benefits, and choices**.

Seek support if:

- You are struggling with symptoms that affect daily life
- You feel you were not given full information about HRT
- Your symptoms persist despite self-management
- You have a complex medical history (such as a previous cancer diagnosis, blood clots, or early/surgical menopause) and need specialist advice
- You feel dismissed or unheard, this is a valid reason to ask for another clinician

Questions you may want to ask a clinician:

- What kind of menopause pathway am I experiencing (natural, early, surgical, POI, chemical)?
- How does that affect whether HRT is suitable for me?
- What type and dose of HRT would you recommend, and why?
- What are the risks and benefits for my specific situation?
- When will my treatment be reviewed?

NHS HRT Prescription Costs:

In England, HRT prescriptions can be made more affordable with a special annual prepayment option.

You may feel confused about costs or unsure whether HRT falls under normal prescription charges.



If you live in **England**, you can apply for an **HRT Prescription Prepayment Certificate (HRT PPC)**.

This provides:

- A fixed annual cost (around £20 per year)
- Coverage for **all** prescribed HRT items
- 12 months of protected access
- Separate from general prepayment certificates
- Other medicines are not included



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

