

Adequate treatment for symptoms of perimenopause and menopause reduces referrals to healthcare professionals and reduces need for other (non-HRT) medications

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Method

An online survey shared through various social media channels

Conclusion

A large proportion of perimenopausal and menopausal women are given unnecessary medication for their symptoms which can be stopped when they take HRT

Results*

16.6% of women had consulted more than **6 different HCPs** in the year before starting HRT whereas this reduced to only **2%** of women in the year after starting HRT



14.6% of women were **able to reduce the dose** or number of non-HRT medications they were taking in the first **12 months of receiving HRT**



*Out of 1,171 responses