MHT Options

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Menopausal Hormone Therapy (MHT) is available in several forms, including tablets, patches, gels, sprays, and vaginal treatments, each suited to different symptoms and needs.

ESTROGEN THERAPY

What It Does

- Replaces declining estrogen levels
- Helps stabilise menopausal symptoms
- Protects bone health

Available As

- Skin patches
- Gels
- Sprays
- Tablets

Important

Women with a uterus usually also need progestagen, such as progesterone or a synthetic variant, to protect the uterine lining



TRANSDERMAL MHT (THROUGH THE SKIN)

Includes

- Patches
- Gels
- Sprays

Often Preferred Because

- Lower risk of blood clots compared with oral estrogen
- Lower stroke risk compared with oral forms
- More stable hormone delivery
- Helpful for women with migraines, higher BMI, or smoking history

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VAGINAL ESTROGEN

Used For

Genitourinary Syndrome of Menopause (GSM), including:

- Vaginal dryness
- Burning or irritation
- Pain during sex
- Urinary symptoms
- Recurrent UTIs

Available As

- Creams
- Vaginal pessaries/tablets

Important Facts

- Works mainly locally within vaginal tissues
- Very low systemic absorption
- Can often be used alongside systemic MHT

PROGESTERONE OR PROGESTINS

Why It's Needed

- Protects the uterine lining from thickening when using estrogen
- Helps reduce the risk of endometrial cancer

Common Options

- Body-identical oral micronised progesterone (Prometrium)
- Mirena IUD
- Combined patch or tablet therapies

Possible Benefits

- Progesterone may improve sleep and mood in some women
- Can reduce heavy or irregular bleeding during perimenopause

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TESTOSTERONE

What It Is

- Testosterone is a naturally occurring hormone in women, produced in small amounts by the ovaries and adrenal glands, and it contributes to:
- Sexual wellbeing, energy, mood, muscle strength, and bone health

May Help

- Specific symptoms such as low sexual desire, when assessed and prescribed under medical guidance.

VAGINAL DHEA

What It Is

- A vaginal pessary containing DHEA
- Vaginal tissues convert DHEA into oestrogen and androgen hormones locally

May Help

- Vaginal dryness
- Pain with intimacy
- Tissue fragility



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MHT SAFETY

MHT May Not Be Suitable For Everyone

Some women require specialist assessment before using MHT, including those with:

- Certain breast cancers
- Unexplained vaginal bleeding
- Active liver disease
- History of blood clots or stroke
- Some cardiovascular conditions

Important

Your doctor will assess:

- Age
- Symptom severity
- Medical history
- Family history
- Individual risk and lifestyle factors



MONITORING WHILE USING MHT

Regular review is important and may include:

- Symptom tracking
- Blood pressure checks
- Breast screening and self-checks
- Cervical screening
- Bone health assessment
- Review of bleeding patterns

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GET EXPERT ADVICE

If you are putting up with dreadful symptoms because you think MHT is unsafe, get evidence-based advice from a doctor who is knowledgeable about menopause treatments.

- **WellFemme:**
  - Blog posts, webinars, resources, Telehealth Menopause Consultations, Can Testosterone Help Menopausal Symptoms?
- **Australian Government:** Information resources
- **Australasian Menopause Society:** Information Sheets

For more information about how menopause and perimenopause will impact on your health, take WellFemme's free online Menopausal Health Assessment.

Scan this code to see our range of clinical services.



REFERENCES: As per https://wellfemme.com.au/useful-menopause-links/