

Joint Event on

MIDWIFERY AND WOMEN'S HEALTH AND ONCOLOGY

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Debunking the myths about HRT

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Menopause is when you stop having your periods. It happens when your ovaries stop releasing eggs or your ovaries have been removed and the amount of estrogen hormone in your body falls. Most women in the UK have their menopause between the ages of 45 and 55 years, with the average age being 51 years. If it occurs < 45 years .If it occurs < 40 years

☑ Premature menopause or Premature ovarian insufficiency. The time before your last period, when your estrogen levels are falling, is called the Perimenopause. This can last from a few months to several years. Around half of all women notice physical and/or emotional symptoms during this time.

Myth	Fact
I need a blood test to diagnose menopause !!!!	If you have symptoms of the menopause and are over 45 years of age, you will not usually need any hormone tests to diagnose menopause. Treatment options are offered based on your symptoms alone.
I don't need contraception while on hrt	HRT does not provide contraception. You need to continue using contraception for 1 year after your last period if this happens after the age of 50 years. If your last period happens before < 50 years of age then you need to continue using contraception for 2 years.

Biography

Hannabi Hashimkutty is an Obstetrician and Gynecologist Specialist with expertise in OBGY, Thiruvananthapuram Taluk, India