

Fast facts about Menopause Information Leaflet

Taking Hormone Replacement Therapy (HRT) does not just delay the inevitable menopause symptoms

When HRT is stopped symptoms do not necessarily return. Some women do experience troublesome symptoms after stopping HRT - these symptoms would likely have been present (but masked by HRT) all the time they were taking HRT

HRT can be taken for as long or as little time as the individual women feels is right for her

HRT can help with low mood associated with menopause and should be offered rather than antidepressants

Cystitis is not always a sign of infection

Oestrogen deficiency can cause similar symptoms. Vaginal oestrogen can be very effective

Alcohol can be a trigger for menopausal flushes, night sweats and insomnia

Red wine in particular can trigger severe symptoms for some women. Clear spirits are often better tolerated. Moderate drinking – no more than 14 units a week spread over a number of sessions with some alcohol free days each week – is considered within safe limits

Hangovers and alcohol intolerance get worse with menopause

As the female body ages less water is stored in the body so alcohol is more concentrated and stays in the body longer. Also as women enter menopause they often gain some weight – body fat cannot absorb alcohol so excess can lead to lower alcohol tolerance levels

HRT is not contraceptive

If avoiding pregnancy, contraception should be used for 2 years after your last period if under age 50

HRT provides heart and bone health as well as treating menopause symptoms

Women do not generally develop Osteoporosis (thin bones) or Cardiovascular Disease (heart attacks, strokes) until after menopause. This is because oestrogen prevents it

HRT and breast cancer risk

HRT used for more than 5 years can stimulate the growth of breast cancer cells which are already present in breast tissue.

Caffeine can trigger hot flushes and night sweats

Tea has half as much caffeine as coffee, cola drinks can contain considerable amounts

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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Tel: 0151 708 9988
Issue Date: 04.09.2020
Ref: Gyn/2020-293-V1
Review Date: 04.09.2023

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