

Do I Need HRT?

Everybody is different of course (you know that!) but in general there are very few women who are unable to take HRT and even those who have had hormone receptor breast cancer can still use the vaginal estrogen products to relieve bladder and vaginal atrophy issues.

If you're over 45 years of age, you do not need blood tests to assess peri menopause and even if you're under 45 years, it is still more relevant to diagnose based on symptoms than anything else.

On [the symptoms page](#) of the website you will find some very helpful guidance on what doctors should be looking for.

HRT is not just about managing symptoms but also about protecting your long term health; including helping prevent osteoporosis, dementia and heart disease.

Even if you're lucky enough to be symptom free it is so important to become fully informed on the risks of low Estrogen.

Many doctors and health specialists are not fully informed about menopause and HRT so it's your job to be as informed as you can then to ask for what you need.

