



## **Information on HRT doses and side effects, including bleeding**

You may have seen recent media coverage of [new guidance on unscheduled bleeding on HRT](#), following an increase in women experiencing irregular bleeding being referred for further investigations. Note, there is no evidence of increased incidence of cancer, simply an increase in the number of women being referred for further investigations.

Bleeding can be common for many women who take HRT which often improves with the right dose and type of HRT. It is really reassuring that women who take HRT (both oestrogen and progesterone every day) have a lower risk of cancer of the lining of the womb compared to women who do not take HRT.

At Newson Health, our patients are central to all treatment decisions. We start our patients with the minimal effective doses of hormones, then assess scope for any changes based on clinical response and patients' views. We follow NICE menopause guidelines, adhere to the General Medical Council's decision making and consent guidelines, and NICE shared decision-making guidelines. More information about how HRT dose is individualised can be found [here](#).

You may also find [this video](#) about bleeding on HRT may be useful to watch, as well as [this podcast](#) on the same topic with consultant gynaecologist Osama Naji.