

Hormone Replacement Therapy

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Hormone replacement therapy (HRT) is a major issue for women experiencing really unpleasant menopausal symptoms. HRT was touted as the solution for a swathe of menopausal problems until a major study identified that it increased the risk of breast cancer and heart disease. More recent studies, however, have thrown doubt on these findings. The current advice is, if the individual benefits of the therapy are assessed to outweigh the risks, use HRT for short-term relief of symptoms in low doses if possible. Decisions about taking HRT need to be made in consultation with your doctor who can discuss the risks and benefits for you.

Does having HIV or taking HIV treatment increase the risks of HRT? HIV treatment increases the risk of heart disease, and it is possible that HRT may further increase this. Regarding breast cancer, it is not clear whether there is an increased risk. One recent study showed that people with HIV have a greater risk of non-AIDS-related cancers than HIV negative people, particularly skin cancers. It is possible that women with HIV are at increased risk of breast cancer, but there is no evidence of this.

[Key Issues](#) [1][up](#) [2][Alternatives to HRT](#) > [3]

- [ANET resources](#)

Links:

[1] <http://www.napwa.org.au/resource/treat-yourself-right/menopause/key-issues>

[2] <http://www.napwa.org.au/resource/treat-yourself-right/menopause>

[3] <http://www.napwa.org.au/resource/treat-yourself-right/menopause/alternatives-to-hrt>