HRT in the Media : Dr. Whitelaw and Partners 1st Sept 2019

Many of you who are prescribed HRT May have seen the media reports of the last few days. These reports have been based on an article published in The Lancet.

As a practice we are fully behind the statement from The Royal College of General Practice (RCGP) ***"We would urge patients not to panic as a result of this research, and to continue taking HRT as it has been prescribed to them - and we would urge prescribers to do so as normal, until clinical guidelines recommend otherwise."***

Understanding the link between HRT and breast cancer

"The overall findings from this study are in keeping with the NICE Menopause guideline recommendations which show a small increase in risk of breast cancer with HRT. ***Women must be informed of the data on breast cancer risk with HRT to help them make an informed decision. This should also be considered in comparison to the risk of breast cancer with other lifestyle factors such as alcohol intake and obesity which have been shown to be associated with a higher risk compared to that with HRT****. This should also be taken in the context of the overall benefits obtained from using HRT including symptom control and improving quality of life as well as considering the bone and cardiovascular benefits associated with HRT use."*

Statement from the British Menopause Society Friday 30th Aug 2019



https://thebms.org.uk/wp-content/uploads/2016/04/WHC-UnderstandingRisksofBreastCancer-MARCH2017.pdf

- 4 additional cases of breast cancer per 1000 for women taking combined HRT
- 4 fewer cases of breast cancer per 1000 for women taking oestrogen only HRT
- 5 additional cases per 1000 women who drink 1 glass of wine (2 or more units of alcohol per day)
- 24 per 1000 additional cases in women who are overweight (BMI over 30)
- 7 per 1000 fewer cases in women who exercise at least 2.5hr per week

If you are unable to read the table fully it is summerised in the text next to it or follow the link in the box.

What now?

We hope this information has helped to reassure you. And you may now feel happy to continue taking your prescription as you were.

This study is not particularly new information and we still will continue to prescribe as per the NICE guidelines (National institute of clinical excellence).

You can also find further patient information about all aspects of menopause and HRT on www.menopausematters.co.uk

If you still feel you have further questions & wish to discuss your HRT prescription with a GP. We are happy you continue to take your prescription as normal.
We would appreciate if you would make either a **routine GP appointment or a routine bookable GP telephone appointment.**
This matter will not be dealt with through the emergency triage system or during emergency appointments.

We thank you for your understanding of this matter and we are dealing with this again as advised by the RCGP (Royal college of General Practice).

"If a patient is concerned about her HRT prescription, she should discuss it with her GP at her next routine appointment." RCGP Statement

https://www.rcgp.org.uk/about-us/news/2019/august/rcgp-urges-patients-not-to-panic-as-result-of-research-linking-hrt-to-breast-cancer.aspx