



INTERNATIONAL MENOPAUSE SOCIETY

THE SOCIETY FOR THE STUDY OF ALL ASPECTS OF THE CLIMACTERIC IN MEN AND WOMEN

PRESS STATEMENT

July 20, 2010

Menopause clinicians support findings of new report on menopausal hormone therapy which calls for a rethink on use in younger postmenopausal women

The US-based Endocrine Society has issued a comprehensive review of the evidence on the use and safety of menopausal hormone therapy (MHT, which is another term for hormone replacement therapy, HRT). This Statement is designed as ‘a comprehensive, rigorously documented, objective, scientific analysis of existing data evaluating the benefits and risks of hormone therapy for menopausal women’.

This report concludes that initial reports of the risks of HRT may have been overstated, and that HRT should be considered for younger postmenopausal women with menopausal symptoms.

The International Menopause Society (IMS) is the major international body representing clinicians working with menopausal women. We recognize that this is an important, independent report which looks at the *facts* relating to the risks and benefits of HRT, and we are issuing the following statement from the President of the IMS, Dr David Sturdee:

‘This is a major review of all the available evidence, by people who are very expert in the clinical use of hormones. These authors have looked at the whole balance of the facts about HRT use, and put it into context. The conclusion is that hormone therapy for the treatment of the menopause offers significant benefits to women with menopausal symptoms, and that, while there are risks for some women, the risks of HRT use may have been overstated for many women, particularly those around the time of the menopause. Indeed, as the main author of the report points out, those women who use HRT the most, the 50–55-year age group, actually have a 30–40% decrease in mortality with HRT use.’

The International Menopause Society welcomes the report’s conclusion that treatment needs to be tailored to each woman, and that the medical community needs to rethink the use of menopausal hormone therapy in women going through the menopause. This is not a call to give HRT to everyone, but we agree with this cautious but authoritative report, in saying that younger postmenopausal women should be less worried about HRT use.’

The full report from the Endocrine Society can be downloaded from this site: <http://www.endo-society.org/journals/ScientificStatements/upload/jc-2009-2509v1.pdf>. The statement, ‘Postmenopausal Hormone Therapy: An Endocrine Society Scientific Statement’, has been published in the July 2010 issue of *The Journal of Clinical Endocrinology & Metabolism*.

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