

HRT (hormone replacement therapy) provision for women for MESH



15 Common Perimenopause / Menopause Symptoms

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|--------------------------|--------------------------------|--|
| 1. Hot Flashes | (vasomotor symptom) | 9. Difficulty Sleeping |
| 2. Night Sweats | (vasomotor symptom) | 10. Skin and Hair Changes |
| 3. Mood Changes / swings | (beyond 'expected') | 11. Appetite Changes |
| 4. Decreased Libido | (desire for sexual activities) | 12. Urinary Changes |
| 5. Brain Fog | | 13. Headaches |
| 6. Weight Changes | (esp around the middle) | 14. Digestive Changes |
| 7. Irregular Periods | | 15. Flu-Like Symptoms / joint & muscle pains |
| 8. Vaginal Dryness | | |

** like TRT for men, **NO ONE SYMPTOM** is highly suggestive for low hormone levels, but when considered in cumulative fashion, can be indicative of need for evaluation and treatment**

Perimenopause is the transition phase leading up to menopause when the body begins to make less estrogen, progesterone, and testosterone. Because all women's bodies are not created equally, when perimenopause begins and how long it endures vary from individual to individual. Most commonly this phase typically starts in a woman's early 40s. It can be present from 2 to 10 years before the onset of actual menopause. Menopause is the condition after going 12 consecutive months without a menstrual period.

Hormonal fluctuations can cause a variety of symptoms, some similar to other conditions, and can make perimenopause sometimes difficult to identify. Self-recognition of these symptoms can help women to seek effective interventions, like hormone replacement therapy (HRT), to improve their quality of life.

Early Stage of Perimenopause

Early perimenopause often begins with subtle changes in the menstrual cycle. Ovulation may become less predictable, and periods may start to vary in length or flow. Symptoms during this time, such as irregular periods or mild hot flashes, are often considered the initial signs of perimenopause.

Late Stage of Perimenopause

In late perimenopause, symptoms typically become more pronounced due to further declines in hormone levels. Periods may cease altogether, and other symptoms — such as more frequent hot flashes or night sweats — may intensify. This stage directly precedes the end of perimenopause and the onset of menopause.

Typically, businesses have supported women's health by way of reproductive benefits like maternity leave and fertility care. Women experiencing perimenopause, menopause, and post-reproductive women are too-often not

even considered for medical treatments. This inaction around perimenopause and menopause can lead to decreased productivity and engagement among valued female employees. Both women and men may need hormonal help to be the best versions of themselves personally and professionally. 'Better' employees are good for business. Providing education and direction towards effective care and treatment for hormonal imbalances should be integral parts of any wellness considerations for workers. Information is powerful for quality decision making.

HRT on average reduces vasomotor symptoms (night sweats / hot flashes) by 85%. This certainly provides for better life quality (at home and at work). Only 40-60% of women with hormone related symptoms seek treatment, and 20% delay seeking treatment for over a year or longer. Among older women, 42% of women aged 60-64 and 33% aged 65-79 still report hot flashes, night sweats. Something can be done about all of this, and relatively easily!

HRT replenishes the necessary levels of estrogen, progesterone, and testosterone that decline and fluctuate with age. This helps combat the symptoms of perimenopause and menopause and often helps prevent the development of long-term diseases that can result from hormone deficiencies. HRT is probably best prescribed and adjusted based on an individual's symptoms, not on their lab values. Not everyone will need hormonal therapy, but those that do should have a well-lighted path to follow to receive it. It can dramatically improve their life and their abilities at home and at work.

Available treatment forms

Body / Skin creams Vaginal creams Tablets/capsules Patches Implantable pellets

Providers typically guide you toward what mode of medication delivery is the most effective for your presentation.

Things to consider or be aware of when researching online HRT providers

None of the HRT providers for women (reviewed for this compilation of information) had exactly the same process or protocols. Pricing of evaluations and treatments vary. Requirements for laboratory testing, subscription / membership / platform fees varied as well. Some provide prescriptions that patients fill at a local pharmacy, and some provide the medication for you (through shipping). Some of them limit how much you can interact with your actual provider; some do not. Some charge for these interactions while some do not. Researching your potential HRT provider is a MUST! to decide which one is best for you and your situation.

We reviewed MANY online telehealth providers specializing in female HRT. We took notes on their processes and expenses. [TrustPilot.com](https://www.trustpilot.com/) felt very similarly about the upper echelon of hormone care companies as we did.

[byWinona.com](https://www.winona.com/) currently provides services in 35 states. They average a 4.7 / 5.0 from 3,358 reviews on TrustPilot. [MyAlloy.com](https://www.myalloy.com/) currently provides services in 50 states. They average a 4.4 / 5.0 from 2,195 reviews on TrustPilot.

Below is an excellent scientific article reviewing HRT for women. It is geared toward healthcare providers, but it provides a great overall view of the considerations and processes involved. Take the time to read it, take notes to ask your provider about. Be aware of potential side effects and contraindications (possible reasons to not use HRT). It is worth the time to arm yourself with the knowledge. It's YOUR HEALTH! Take charge of it.

Hormone Replacement Therapy - StatPearls - October 2024 - Harper-Harrison, Carlson, Shanahan authors

<https://www.ncbi.nlm.nih.gov/books/NBK493191/> {click the link to read, print, take notes, etc}