

HRT troubleshooting resources - clinicians

- [BNSSG MENOPAUSE GUIDELINES AND HRT PRESCRIBING PATHWAY](#)
- [HRT Guide](#) summary flowchart BMS
- [HRT for generalists](#) - RCGP podcast (18 minutes) - Dr Toni Hazell & Dr Anne Connolly
- [BMS resources](#) & PPMC [toolkit](#)
- HRT practical prescribing - [guide to equivalence](#) BMS
- [Benefits and risks of HRT](#) - Wellspring Health
- [Management of unscheduled bleeding on HRT](#) BMS

Breast cancer

- [Understanding the risks of breast cancer](#) - Women's Health Concern (WHC) infographic
- [Fast Facts: HRT and breast cancer risk](#) BMS
- [Prescribable alternatives to HRT](#) BMS

Surgical menopause

- [Surgical menopause: a toolkit for healthcare professionals](#) BMS

Higher doses of oestrogen, endometrial protection

- [Progestogens and endometrial protection](#) BMS
- [Women's Health Forum safety alert](#) BMS, FSRH, RCGP, RCOG and RCN
- [Tachyphylaxis with HRT](#) BMS

Testosterone

- [Testosterone replacement in menopause](#) BMS

Genito-urinary syndrome of menopause

- [Treatment Comparison Table](#) PCWHF

HRT resources - patients

- [HRT](#) Women's Health Concern
- [HRT: Types, doses and regimens](#) Women's Health Concern
- [HRT: Summary](#) Women's Health Concern
- [HRT: Benefits and risks](#) Women's Health Concern
- [Rock my menopause](#) Primary care Women's Health Forum
- [Perimenopause and HRT leaflets](#) - University of Bristol and available in English, Arabic, Punjabi, Somali and Urdu
- [Menopause Easy Read HRT guide](#) - Learning Disability Wales
- [HRT PPC](#) - NHSBSA
- [Testosterone for women](#) Women's Health Concern

Genito-urinary syndrome of menopause

- [Me & My Menopausal Vagina](#) - book by Jane Lewis about her experiences
- [Vulval Care](#) - PCDS
- [Yes natural vulval moisturisers and lubricants](#)

Libido

- [Mind The Gap](#) - book by Dr Karen Gurney
- [Come as You Are](#) - book by Dr Emily Nagoski