

Retrospective Review of High-Dose HRT Prescribing and Progesterone Adequacy

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Aims & Objectives

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Adequacy of Dosing
of progesterone in combined continuous and sequential **HRT** therapy
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Assess incidence
unscheduled bleeding and other side effects associated with HRT.
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Develop prescribing guidelines
to ensure safe prescribing of HRT in the local menopause clinic.

British Menopause Society Recommendation

- Progesterone dosing should be proportionate to oestrogen to ensure endometrial protection
- High-dose HRT is sometimes required, but adequate progesterone levels are crucial to prevent complications such as unscheduled bleeding and endometrial hyperplasia

Retrospective Study

