



Communicating the benefits and risks of HRT

Implementation support

Published: 7 November 2024

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It is essential to provide reliable evidenced-based information on the benefits and risks of HRT to aid shared decision making between women, trans men and non-binary people registered female at birth and health care professionals when discussing management options. The following support is available to help facilitate discussions.

Support from NICE

NICE has published:

- a [discussion aid on HRT](#) and the likelihood of some medical conditions, to support GPs in their discussions with patients
- a [visual summary on the management of genitourinary symptoms](#)
- [information to support shared decision making](#) and a [guideline on shared decision making](#) that clinicians can also use to support discussions on management options for menopause-associated symptoms.

Support outside of NICE

- [GP Evidence](#) has summarised the evidence on the benefits and risks of HRT for menopause.

Note that external websites and resources have not been produced by NICE. NICE has not made any judgement about the methodology, quality or usability of the websites or resources.