



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.