

Partners

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Hormone Replacement Therapy (HRT) Checklist

(Please DO NOT fill in this form if you are older than 75 years)

Name	
Date of Birth	
Telephone Number	

What is the name of your HRT?	
How old were you when you started taking HRT? How long have you been on HRT?	
Have you had any problems or concerns with your HRT?	
Would you like <input type="checkbox"/> 3 months' supply or <input type="checkbox"/> 6 months' supply of your HRT?	
Please record your blood pressure: You can provide us with a BP reading if you have a BP monitor at home.	
Please record your weight (in kg)	
Please record your height (in cm)	
Do you smoke? No <input type="checkbox"/> Yes <input type="checkbox"/> If yes, how many do you smoke a day?	
Do you drink alcohol? No <input type="checkbox"/> Yes <input type="checkbox"/> If yes, how many units do you drink each week?	
Since your last HRT prescription:	
Have you had any breast tenderness and/or any changes?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you had any abnormal vaginal bleeding?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you or your parents or siblings had a heart disease or a stroke?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you had a deep vein thrombosis (DVT) or pulmonary embolus (PE)	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have any first-degree relatives had a deep vein thrombosis (DVT) or pulmonary embolus (PE)?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you been diagnosed with diabetes?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you had breast cancer or have a family history of breast cancer?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you had ovarian cancer or have a family history of ovarian cancer?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Have you had a hysterectomy?	No <input type="checkbox"/> Yes <input type="checkbox"/>
Do you examine your breast regularly?	No <input type="checkbox"/> Yes <input type="checkbox"/>

Have you read the MHRA alert on the risk of breast cancer and HRT?

No ☐ Yes ☐

Available on <https://www.gov.uk/drug-safety-update/hormone-replacement-therapy-hrt-further-information-on-the-known-increased-risk-of-breast-cancer-with-hrt-and-its-persistence-after-stopping>

Do you understand that. Rarely, HRT can cause a blood clot and that the symptoms of a blood clot are calf pain and swelling, sharp chest pains, shortness of breath and coughing up blood?

No ☐ Yes ☐

Do you understand that you should tell a healthcare professional that you are on HRT if you need to have an operation or have a period of prolonged immobilisation, e.g., leg in plaster?

No ☐ Yes ☐

Are you up to date with your cervical screening (smear) and breast screening?

No ☐ Yes ☐

Please note those aged 25 to 49 should have a smear test every 3 years. For those aged 50 to 64 it is every 5 years. While those over 65 will only need one if 1 of your last 3 tests was abnormal.

I confirm that:

- ☐ The information provided is accurate to the best of my knowledge
- ☐ I understand the risks associated with HRT
- ☐ I understand HRT is not a form of contraception (except for the Mirena coil if it is within date)
☐ Tick if you would like to discuss contraception.

Signed:

Date:.....

For office use:

Date of last cervical smear:

HRT prescription issued No ☐ Yes ☐

Needs review with GP/Practice Nurse ☐

Signed:

Date:.....

What are the risks and benefits of HRT?

Risks:

Blood clots (venous thromboembolism)

- HRT tablets (but not patches or gels) are linked with a higher risk of developing a blood clot.
- If you are already at higher risk of blood clots (for example, you are obese) and you are considering HRT, you may be offered patches or gel rather than tablets.
- If you have a strong family history of blood clots or if there's another reason why you are at high risk of blood clots, you may be referred to a haematologist (a doctor who specialises in blood conditions) before considering HRT.

Heart disease and stroke (cardiovascular disease)

Studies show that:

- If you start HRT before you're 60 it does not increase your risk of cardiovascular disease.
- HRT does not affect your risk of dying from cardiovascular disease.
- HRT tablets (but not patches or gels) slightly raise the risk of stroke. However, it is important to remember that the risk of stroke in women under 60 is very low.

Breast cancer

Studies show that for women around menopausal age:

- Increased risk of breast cancer with all types of HRT exception (topical HRT) (MHRA).
- HRT that contains oestrogen and progestogen may increase breast cancer risk. This risk may be higher if you take HRT for longer but falls again when you stop taking HRT.
- Slight increase risk of ovarian cancer.

Benefits:

Osteoporosis

When your ovaries stop making oestrogen your bones become thinner and you have a higher risk of osteoporosis, where your bones break more easily.

You should be given advice about bone health and osteoporosis at your first appointment and again when reviewing your treatment. Your GP should explain that for women around menopausal age the risk of breaking a bone is low, and HRT reduces this risk further. This benefit only lasts while you are taking HRT but it may last longer if you have taken HRT for a long time.

Loss of muscle strength

You may lose muscle strength as you reach menopause, and HRT may improve this. However, it is also important to carry on with daily activities and exercise, which will help you to stay as strong and fit as possible.