

Hormone Replacement Therapy

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DESCRIPTION

For several or years early observational studies on Hormone replacement therapy (HRT) is having many benefits include reduces the cardiac diseases and mortality. Many number of women should select HRT for their menopausal status and it is the beneficial treatment. HRT also decreases the various symptoms of the menopause and risk of osteoporotic fractures estrogen remains the most effective treatment for the vasomotor symptoms and genitourinary syndrome of for osteoporosis prevention. For women who are contraindicated for hormone replacement Therapy and personally reject then, non-hormonal, treatments will be given for to treat both systemic and local menopausal symptoms. HRT: has been shown to be effective in controlling the symptoms of menopause. Many serious adverse effects are associated with this treatment experimental studies tell that black cohosh may be alternative treatment for menopause, and its biologically possible treatment. Recent studies suggest that HRT is cardio protective when injected early and after menopause. It is generally having benefits of menopausal hormone therapy outweigh risks but there are still some concerns about the administration of menopausal HT, also introduced alternative treatment. if there are any contraindications in HR, alternative treatments are also solving the symptoms. HRT: various types doses as well different combinations will offer different advantages in different age group of women and the most favorable benefits from HRT is in symptomatic younger women (50-59) within 10 years since menopause. Beside the effect on symptoms patient additional benefits of reduce risk of Cardiovascular Disorders (CVD) and Osteoporotic fractures.in older women HRT is better safety than oral combinations. Currently does not support use of HRT for the osteoporosis and cognition decline prevention. In 1960 first hormonal treatment of menopause is estrogen therapy. Estrogen therapy can decrease in the postmenopausal bone loss, where they take in the early postmenopausal time. The symptoms that some women will experience premenopausal to postmenopausal

without no symptoms at all. Most of the women may experience after the menopause is lowers the sexual function during before and after the menopausal condition. Main symptoms of menopause is irregular menstrual periods, and mostly classic symptom is hot flashes most of the women experience this symptom and most of women get serious problem, and night time sweating, sleep disturbances, There is lack of estrogen in menopause so they have numerous symptoms. There is no exact mechanism for that. Complications: low sexual desire, genitourinary syndrome of menopause; (atrophic vaginitis) this comprising the many atrophic symptoms and signs so they having vulvovaginal symptoms and urinary bladder symptoms. Because of the losing sex steroids, osteoporotic fractures, depression (women who are having these hot flashes and night sweats, they most likely having depressive symptoms). Poor sleep is a complication mostly seen in menopause. Excessive menopausal bleeding. Endometriosis, chronic kidney disease osteoporosis, cardiovascular diseases, insomnia these are the complications of menopause.

There are three different types of menopause:

- Natural menopause (estrogen and progesterone levels were declines).
- Premature menopause (period stops when women get 40).
- Post menopause and perimenopause.

The management of menopause are hot flashes and a sleep disorders all symptoms will not go without treatment. Mainly prefer hormone replacement therapy for this condition. And the dose and drug delivery to the system will should be different. And aged people like 50-60 age group people will not having any high risk of HRT treatment. And for vasomotor symptoms they take selected antidepressants and gabaagonists. Genitourinary symptoms should be treated with estrogen therapy. Vitamin D supplements should be most useful drugs for the osteoporotic patients.

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