

HRT and How It Can Help With Pain Management

Menopause and hysterectomies are notoriously associated with several painful symptoms. Hormone replacement therapy may provide some relief.

The Painful Symptoms of Menopause and Hysterectomy

For many women, [menopause](#) or [hysterectomy](#) can bring uncomfortable symptoms that interfere with sleep, mood, and emotional health and generally interfere with an average ability to function.

Some of the most common symptoms include hot flashes, night sweats, vaginal dryness leading to painful intercourse, and mood swings, but the list of symptoms is much longer, and the severity of the symptoms can vary in degree of discomfort from woman to woman. While [lifestyle changes and over-the-counter medications](#) may be somewhat effective in treating symptoms, some women find that they need additional help.

What is HRT?

Doctors started prescribing hormone replacement therapy in the [1960s](#), and the practice gained tremendous popularity in the 1990s.

[Hormone replacement therapy \(HRT\)](#) is a treatment that aims to alleviate the symptoms of menopause by replacing the hormones that women's bodies no longer produce in appropriate quantities.

HRT replaces the hormones [estrogen and progesterone](#). HRT may also include testosterone for women who have had their ovaries removed. Most people take HRT in the form of pills, patches, gels, or creams, and it can be taken alone or in combination with other treatments.

HRT's Controversial History

Though HRT can be an effective way to manage some symptoms of menopause or hysterectomy, it is not without risks. In 2002, the [Women's Health Initiative](#) released the first results of its study initiated in 1992, reporting that HRT had more risks than potential benefits. The most common side effects of HRT include weight gain, bloating, breast tenderness, and headaches, but HRT can also increase the risk of blood clots, stroke, coronary heart disease, and certain types of cancer in some women.

It is essential to consult with your doctor before starting HRT.

Getting Started With HRT

If you are considering HRT, the first step is to schedule an appointment with your doctor. During the meeting, your doctor will review your medical history, perform a physical exam, and order blood tests to check your hormone levels. Based on this information, you and your doctor can determine whether HRT is the best treatment plan for you. Your doctor will then develop a personalized treatment plan.

HRT typically involves taking estrogen and progesterone replacement pills daily. In some cases, you may use patches or gels instead. It is essential to follow your doctor's instructions carefully and have regular follow-up appointments to ensure that the treatment works well for you.

Though HRT does come with its risks, hormone replacement therapy is an interventional pain management technique that can help improve quality of life. In addition, many leading health [experts agree](#) that using HRT to manage symptoms associated with menopause or hysterectomy can be done safely and without undue risk.

Contact Us

Please fill out the form below to contact our team today if you have any questions about hormone replacement therapy or alternative treatments to manage your symptoms.