EMBARGOED UNTIL 12:01 A.M. EST
TUESDAY, OCTOBER 20, 2026

Contact:
Eileen Petridis (epetridis@fallsandco.com)
(330) 714-8646

The Menopause Society™
Leading the Conversation

Hormone Therapy Use Associated with Greater Migraine Burden in Postmenopausal Women

New study suggests that hormone therapy is linked with migraine burden but not symptom intensity or treatment needs

CLEVELAND, Ohio (October 20, 2026)—Migraines are estimated to affect 10% to 29% of women during the menopause transition, when migraines often worsen and become more frequent, especially during perimenopause. This is due to unpredictable estrogen drops. A new study suggests postmenopausal women using hormone therapy will experience more frequent, longer-lasting migraines. Results of the study will be presented at the 2026 Annual Meeting of The Menopause Society in San Diego October 20-24, 2026.

Hormone therapy has proven to be successful in managing a wide array of bothersome menopause symptoms, especially hot flashes. A challenge, however, is that fluctuations in estrogen levels may influence migraines.

Researchers in a new study sought to evaluate the associations of hormone therapy with migraine outcomes, including incidence, severity, frequency, duration, and analgesic use in postmenopausal women, independently of the route of administration. They based their findings on five studies that collectively included nearly 24,000 women. The pooled analysis showed a mean migraine incidence of 18.94%.

Based on their findings, the researchers concluded that hormone therapy was associated with increased frequency of migraine attacks and longer duration of migraine episodes. However, no significant differences were observed in the number of analgesics used per month or in migraine severity scores.

Further clinical trials are necessary to better understand the physiopathology and to guide more efficient treatments.

“Migraines can have a significant impact on quality of life, particularly during the menopause transition when many women experience changes in their symptoms. More research is needed to better understand the relationship between hormone therapy and migraine and to help guide individualized treatment decisions,” says Dr. Flavia Fairbanks Ruano, lead author from the University of Miami Miller School of Medicine.

Details of the study will be discussed as part of the presentation titled “Impact of Hormone Replacement Therapy on Migraine Outcomes in Postmenopausal Women: A Systematic Review and Meta-Analysis”

“Hormone therapy remains the most effective treatment for bothersome vasomotor symptoms and can be used safely in many women with migraine,” says Dr. Stephanie Faubion, medical director for The Menopause Society. “Because women with migraine may be more likely to seek treatment for menopause symptoms, the findings of this study may reflect underlying differences between women who use

hormone therapy and those who do not. More research is needed before drawing conclusions about the effect of hormone therapy on migraine burden."

For more information about menopause and healthy aging, visit www.menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women's health and healthcare experiences. To learn more, visit menopause.org.