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**The  
Menopause  
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**Hormone Therapy Usage Rates Still Low Despite Proven Benefits**

*New study confirms hormone therapy usage rates have declined and remain low*

CLEVELAND, Ohio (Sept 10, 2024) –The risks and benefits of hormone therapy (HT) have been rigorously debated for more than two decades since the Women’s Health Initiative (WHI) results were published showing potential health risks. Despite substantial evidence confirming the safety of HT, a new study confirms that usage remains stagnant in the U.S. Results of the study will be presented at the 2024 Annual Meeting of The Menopause Society in Chicago September 10-14.

The WHI represented a turning point in menopause care by raising concerns of additional health risks, such as breast cancer and stroke, as a result of using HT. Since the WHI results became public in 2002, numerous additional analyses of the WHI and other studies have been conducted that provide substantial evidence supporting the efficacy and safety of HT for menopause symptoms. Despite clarification of the risks and benefits of HT and guidelines recommending it as first line therapy for hot flashes and night sweats, the number of prescriptions written for HT has never rebounded to pre-WHI levels and, in fact, has remained stagnant after steep declines immediately following the release of the WHI results.

In this latest study designed to describe systemic menopausal HT utilization in women aged 40 and older between 2007 and 2023, the rate of HT utilization was defined as the proportion of women in a year who had at least 180 days of a filled prescription for systemic estrogen-containing menopausal HT. The prevalence of HT use was evaluated across age groups (40-44; 45-49; 50-54; 55-59; 60-64; 65-69; and 70+ years). Systemic HT was further categorized into oral versus transdermal estrogen.

During the time of the study, the number of women entering the menopause transition hit record records, pushing the study population from roughly 2 million in 2007 to 4.5 million in 2023. HT use in women aged 40 or older—the same women most likely to suffer from bothersome menopause symptoms—was 4.6% in 2007, then decreased to 2.5% between 2007 and 2014, and continued to decline to 1.8% in 2023. Oral HT was the most common route of administration.

Among women aged 45-49, 50-54, and 55-59 (within 10 years of the mean age of menopause), HT use decreased from 3.2%, 6% and 7.3% in 2007 to 1.5%, 3.6% and 3.8% in 2023, respectively.

More detailed results will be discussed at the 2024 Annual Meeting of The Menopause Society as part of the presentation titled “Menopausal Hormone Therapy Utilization (2007-2023) Remains Stagnant in the United States.”

“This study provides new data on HT utilization rates in the U.S. Unfortunately, we have not seen HT use increase in the two decades since the publication of the WHI trial results. In fact, usage rates remain under 4%, even in women under the age of 60 years who are typically the most symptomatic. These findings suggest that substantial barriers to HT use remain, and additional efforts are needed to educate women

and clinicians about menopause management and HT use more specifically,” says Dr. Stephanie Faubion, medical director for The Menopause Society and lead author of the HT utilization study.

Dr. Faubion is available for interviews in advance of the Annual Meeting.

For more information about menopause and healthy aging, visit the newly redesigned [www.menopause.org](http://www.menopause.org).

The Menopause Society (formerly The North American 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](http://menopause.org).