

English	Simplified Chinese (Mandarin) / 简体中文
<p>Hormone replacement therapy (HRT)</p> <p>Hormone Replacement Therapy (HRT) is a treatment used to relieve symptoms of the menopause. It replaces the female hormones that are at a lower level as you experience the menopause.</p> <p>Oestrogen and progesterone are female hormones that play important roles in a woman's body. Falling levels cause a range of physical and emotional symptoms, including hot flushes, mood swings and vaginal dryness.</p> <p>The aim of HRT is to restore female hormone levels, which can bring relief to many women.</p>	<p>激素替代疗法 (HRT)</p> <p>激素替代疗法 (HRT) 能缓解绝经症状。 HRT能替代绝经期女性较低的雌性激素水平而保持充足的雌性激素水平。</p> <p>雌激素和孕激素是女性体内的重要雌性激素。雌性激素水平下降会引起多种生理和心理症状, 包括潮热、情绪波动和阴道干燥。</p> <p>HRT能恢复女性体内的雌性激素水平, 从而缓解许多绝经症状。</p>
How to get started on HRT	如何开始HRT

<p>Speak to your local GP practice if you're interested in starting HRT.</p> <p>You can usually begin HRT as soon as you start experiencing menopausal symptoms and will not usually need to have any tests first. However, a blood test to measure your hormone levels may be carried out if you're aged 40 to 45. Blood tests may also be carried out to help diagnose suspected premature menopause if you're under 40 and have menopausal symptoms.</p> <p>Your GP can explain the different types of HRT available and help you choose one that's suitable for you.</p> <p>Visit our self-help guide on accessing medicines if you have difficulty getting the medicines you need.</p>	<p>如果您想进行HRT，请向当地GP诊所的医疗保健专业人员说明。</p> <p>通常只要您开始出现绝经症状，就可以开始HRT，而不需要事先做任何检查。但若您的年龄是40-45岁，可能需要进行血液检查以测定激素水平。如果您的年龄为40岁以下，但出现了绝经症状且怀疑过早绝经，也可能要进行血液检查以帮助确诊。</p> <p>GP会向您说明现有的各种HRT，帮助您选择适合的治疗。</p> <p>如果您取药困难，请访问我们的药物获取自助指南查找解决方法。</p>
<p>Types of HRT</p> <p>There are two main types of HRT:</p> <ul style="list-style-type: none"> • Combined HRT (oestrogen and progestogen) – for women who still have their womb • Oestrogen-only HRT – for women who have had their womb removed in a hysterectomy <p>There are several ways that oestrogen can be taken, including:</p>	<p>HRT类型</p> <p>HRT主要有2种类型：</p> <ul style="list-style-type: none"> • 复方HRT（雌激素和孕激素）——适用于仍有子宫的绝经女性 • 雌激素单药HRT——适用于经子宫切除术摘除子宫的绝经女性

<ul style="list-style-type: none"> • tablets – which can be taken by mouth • a patch that you stick on your skin • an implant – under local anaesthetic • oestrogen gel – which is applied to the skin and absorbed • oestrogen spray—which is applied to the forearm <p>When required to protect the womb lining from being stimulated by oestrogen, progestogen is available as:</p> <ul style="list-style-type: none"> • combined with oestrogen in tablets • combined with oestrogen in patches • separately as tablets or a progestogen releasing coil 	<p>雌激素的用药方式包括以下几种：</p> <ul style="list-style-type: none"> • 片剂-口服用药； • 皮肤贴剂； • 植入剂-局部麻醉后植入； • 雌激素凝胶-涂抹于皮肤表面后被吸收进入体内； • 雌激素喷雾剂-喷在前臂皮肤表面。 <p>如需要保护子宫内膜免受雌激素刺激，可使用孕激素：</p> <ul style="list-style-type: none"> • 孕激素和雌激素复方片剂 • 孕激素和雌激素复方贴剂 <p>单独的孕激素片剂或孕激素释放线圈</p>
<p>Choosing the right HRT for you</p> <p>It is important to find the correct HRT to help your symptoms.</p> <p>A low dose of HRT hormones is usually prescribed to begin with.</p> <p>If you need to, you can increase your dose at a later stage.</p>	<p>选择适合您的HRT</p> <p>选择正确的HRT以缓解症状，这很重要。</p>

Once you've started HRT, it's best to take it for a few months to see if it works well for you. If not, you can try a different type or increase the dose. It's really important that you talk to your GP if you have any problems with HRT.

通常先使用低剂量的HRT激素。若您需要使用高剂量HRT激素，可以在后期增加剂量。

一旦开始HRT，最好使用几个月的疗程以观察是否对您有效。如果您对无效，您可以增加用药剂量或者尝试另一种HRT。如果在进行HRT期间出现任何问题，请向GP说明。

When HRT is not suitable

HRT may not be suitable, or a specialist opinion may be needed, if you:

- have a history of [breast cancer](#), [ovarian cancer](#) or [womb \(uterus\) cancer](#)
- have a history of blood clots, tablet HRT is not recommended but taking HRT through the skin can be considered
- have a history of [heart disease](#) or [stroke](#)
- have untreated [high blood pressure](#) – your blood pressure will need to be controlled before you can start HRT
- have [liver disease](#)
- are pregnant or breastfeeding

HRT不适用

如果您有以下情况，那么可能不适合进行HRT，也可能需要专家的意见：

- 有[乳腺癌](#)、[卵巢癌](#)或[子宫癌](#)病史；
- 有血栓病史，不建议使用HRT片剂，可以考虑HRT经皮肤给药；
- 有[心脏疾病](#)或[中风](#)病史；
- 患有[高血压](#)但未接受治疗——在开始HRT前需要控制血压；
- 有[肝脏疾病](#)；
- 处于妊娠期或哺乳期。

<p>In these circumstances, a different type of medication may be prescribed to help manage your menopausal symptoms.</p>	<p>如果您有以上情况，医疗保健专业人员可能向您开具另一种药物以管理绝经症状。</p>
<p>Side effects of HRT</p> <p>Both hormones used in hormone replacement therapy (HRT), oestrogen and progestogen, have side effects.</p> <p>Side effects usually improve over time, so it's best to try the treatment plan you have been prescribed for at least 3 months.</p> <p>If side effects continue after this time, see your GP so your treatment plan can be reviewed.</p> <p>Hormones used in HRT can have associated side effects, including:</p> <ul style="list-style-type: none">• fluid retention• bloating• breast tenderness or swelling• headaches• indigestion• depression• vaginal bleeding	<p>HRT副作用</p> <p>激素替代疗法 (HRT) 所用的雌激素和孕激素均有副作用。</p> <p>随着疗程的延长，副作用通常会逐渐缓解。因此，您最好按照处方药治疗方案至少用药3个月。</p> <p>如果3个月后仍存在副作用，您应找GP审查治疗方案。</p> <p>HRT所用激素可能有的相关副作用包括：</p> <ul style="list-style-type: none">• 液体潴留；• 腹胀；• 乳房压痛或肿胀；• 头痛；• 消化不良；• 抑郁；• 阴道出血；

<p>If side effects persist, your GP may recommend an alternative treatment plan.</p>	<p>如果副作用持续存在，GP可能向您推荐备选治疗方案。</p>
<p>Weight gain</p> <p>Many women believe taking HRT will make them put on weight, but there is no evidence that this is the case.</p> <p>You may gain some weight during the menopause, but this often happens whether you take HRT or not.</p> <p>Exercising regularly and eating a healthy diet can help you to maintain a healthy weight.</p>	<p>体重增加</p> <p>许多女性认为进行HRT可能使体重增加，但尚无证据证实。</p> <p>女性在绝经期可能出现体重增加，但无论是否进行HRT，都可能出现体重增加。</p> <p>规律运动和摄入健康饮食能帮助绝经期女性维持健康体重。</p>
<p>Understanding the benefits and risks</p> <p>Recent findings show that although not completely risk-free, HRT remains the most effective solution for helping with symptoms of menopause and is also effective for the prevention of osteoporosis. It may also provide protection against heart disease.</p> <p>When deciding whether to have hormone replacement therapy (HRT), it is also important to understand the risks.</p> <p>You may have heard about a link between breast cancer and HRT. Guidelines from the National Institute for Health and Care</p>	<p>了解益处和风险</p> <p>近期研究结果表明，虽然HRT不是完全没有风险，但HRT仍是缓解绝经症状的最有效治疗方法，并且能有效预防骨质疏松症。</p> <p>HRT也能预防心脏疾病。</p> <p>在决定是否进行激素替代疗法（HRT）时，需要先了解其风险。</p>

<p>Excellence (NICE) say that HRT is effective and recommend that it should be offered to women with menopausal symptoms.</p> <p>If you would like to start HRT, it is a good idea to have an initial discussion with your GP or practice nurse at your local primary care practice. They can discuss the risks and benefits with you, so you can decide what is right for you.</p> <p>Every woman experiences the menopause differently, so there is no way of knowing how long symptoms will last and so how long HRT will need to be taken. Some women who have continued symptoms into the longer term, may need to keep taking HRT to help with symptoms and good quality of life.</p> <p>Further information about the benefits and risks of HRT</p>	<p>您可能听说过HRT与乳腺癌之间有联系。 《英国国家卫生与临床优化研究所 (NICE) 指南》 指出, HRT对绝经期女性有效, 建议经历绝经症状的女性应进行HRT治疗。</p> <p>如果您希望开始HRT治疗, 您应先与当地基层医疗诊所的GP或执业护士交流。她们能向您说明HRT的风险和益处, 由您决定哪种治疗适合自己。</p> <p>鉴于女性的绝经症状各不相同, 目前尚不明确绝经症状的持续时间以及HRT的疗程时长。一些女性的绝经症状持续时间较长, 可能需要持续进行HRT治疗以缓解症状和维持良好的生活质量。</p> <p>HRT的益处和风险的更多信息</p>
<p>When to stop taking HRT</p> <p>Most women are able to stop taking HRT after their menopausal symptoms finish, which is usually two to five years after they start (but in some cases this can be longer).</p> <p>Gradually decreasing your HRT dose is usually recommended, rather than stopping suddenly. You may find that your</p>	<p>何时停止HRT</p> <p>大多数女性在绝经症状消失后可停止HRT治疗, 通常是在开始用药后2-5年 (某些情况下可能更久)。</p>

menopausal symptoms come back after you stop HRT, but these should pass within a few months.

Speak to our GP if:

- you have symptoms that persist for several months after you stop HRT
- you have particularly severe symptoms

Treatment may need to be restarted, usually at a lower dose.

After you have stopped HRT, you may still need help to manage vaginal dryness and to prevent osteoporosis. [Read about the best ways to prevent osteoporosis.](#)

Cream, lubricants and local oestrogen preparations are available for vaginal dryness and discomfort. You don't need to suffer from vaginal dryness and discomfort without treatment.

Alternatives to HRT

If you decide that you do not wish to take HRT, there are a number of alternative treatments to manage your menopause symptoms.

[Further information about treating menopause symptoms](#)

通常建议您逐渐减少HRT剂量，不能突然停药。HRT停药后，您可能再次经历绝经症状，这些症状会在几个月内消失。

如果有下列情况，您可以向GP说明：

- 但HRT停药后，您的绝经症状若数月持续存在
- 或者您的绝经症状特别严重

您可能需要再次开始治疗，通常从较低剂量开始用药。

HRT停药后，您可能仍需要管理阴道干燥和预防骨质疏松症。 [了解预防骨质疏松症的最佳方法](#)

乳膏、润滑剂和局部雌激素制剂可用于缓解阴道干燥和不适。通过治疗，即能缓解阴道干燥和不适。

HRT备选疗法

如果您不希望进行HRT，还有一些备选疗法可以管理绝经症状。

[治疗绝经症状的更多信息](#)

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