

- Menopausal symptoms include hot flashes, night sweats, chest pain with exertion, palpitations, difficulty concentrating, poor recent memory, depression, loss of sexual desire, and painful sexual intercourse. Significant menopausal symptoms afflict some 80 percent of women and last for a median of 7.4 years. Oestrogen will decrease the frequency and severity of these symptoms by 80 to 95%. No other treatment comes close.
- Although breast cancer gets more press, women are 7 times more likely to die of heart disease than to die of breast cancer. In every decade of a woman's life starting at age 40, her risk of dying from heart disease is greater than her risk of dying from breast cancer, and the difference in risk grows with each decade. Even among women with breast cancer, the leading cause of death is heart disease, not breast cancer. Repeated studies have found that Oestrogen decreases the risk of heart disease by 40 to 50%.
- The number of women who die each year following an osteoporotic hip fracture is similar to the number who die from breast cancer. Calcium and Vitamin D administered to postmenopausal women not on HRT does not decrease the risk of these fractures. Postmenopausal Oestrogen therapy reduces the risk of osteoporotic hip fracture by up to 63%.
- A woman in her 60s is twice as likely to develop Alzheimer's disease as she is to develop breast cancer. While the current cure rate for newly diagnosed breast cancer is currently around 90%, there is, as yet, no beneficial treatment for already established Alzheimer's disease, and the only known effective prophylactic treatment is Oestrogen which, when started within 10 years of the menopause, has been found to reduce the risk of dementia by up to 65%.

- More than 20 years ago, a report from a U.S. university estimated that nearly all postmenopausal women would benefit from taking HRT as measured by decreased rates of disease and improved longevity—by up to three years. A 2017 study from Columbia University found up to a 40% reduction in overall mortality rates for women on HRT.
- Since Oestrogen alone does increase the risk for the development of uterine (endometrial) cancer, women who still have a uterus are given progesterone in addition to Oestrogen as Hormone Replacement therapy (HRT). This added hormone eliminates the increased risk of uterine cancer. Women who no longer have a uterus may be given Oestrogen alone.
- In 1995, cardiologist Bernadine Healy, the first and, thus far, only female head of the National Institutes of Health, wrote that many of the major risks that women face as they age - heart disease, stroke, osteoporosis, and Alzheimer's disease "are or may well be reduced by hormone replacement therapy." As a result of those data, she wrote, when she hit menopause, she planned to begin HRT "without a blink."
- Most recently, a senior investigator of the Women's Health Initiative (WHI) reported that after 20 years of follow-up, those WHI patients randomized to Oestrogen alone had a 22% decreased risk of developing breast cancer and a 40% decreased risk of dying from breast cancer. After that same 20 years of follow-up, even those patients randomized to combination oestrogen plus progestin had no increased risk of breast cancer mortality