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In The News

FDA HRT Safety Updates

On **February 28, 2025** the U.S. Food and Drug Administration officially **removed the black-box warning**—the most serious type of warning—related to **cardiovascular risks** (specifically heart attack, stroke, and death) from all testosterone products, including testosterone cypionate. (*U.S. Food and Drug Administration*)

On **July 17, 2025**, an expert panel convened by the FDA recommended **removing or significantly modifying the black-box warning** on menopausal hormone therapies—especially low-dose vaginal estrogen, which has minimal systemic absorption yet remains stigmatized. Advocates argue the current warnings are outdated, based on the flawed 2002 WHI study, and hinder women from accessing effective symptom relief.

New Guidelines for Cancer Survivors

Updated clinical guidelines from NICE and the British Menopause Society now recommend **individualized use of HRT in survivors of breast or gynecologic cancers**, where benefits may outweigh risks—especially with low-dose vaginal estrogen or non-hormonal management for hormone sensitive cases. (*The Times UK*)

Benefits Beyond Symptom Relief

New observational research published in JAMA Network Open found that women using HRT—especially those who began after age 55 or continued for 4-8 years—were **biologically younger** than those who didn't, suggesting potential anti-aging benefits. (*VeryWell Health*)

Experts are exploring benefits of early initiation (within 10 years of menopause or before age 60), noting reduced cardiovascular risk, improved bone density, and possibly slower cognitive decline.

Quick Facts on HRT

1. HRT is the most effective treatment for hot flashes, and vaginal dryness.
2. Estrogen therapy helps slow postmenopausal bone loss.
3. Evidence shows no increased risk of breast cancer when using estradiol alone or combined with micronized progesterone, even with several years of use.

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