

25th November 2019

International Menopause Society Statement of Recommendation regarding the prescribing of Femoston 1/10 and Femoston 2/10

The International Menopause Society recommends the use of continuous oestrogen therapy with cyclical progestogen therapy in perimenopausal women with an intact uterus for symptom relief and where indicated, prevention of bone loss¹. This enables perimenopausal women to have symptom relief with oestrogen therapy and a cyclical bleed with progestogen withdrawal each month.

Presently in jurisdictions other than Australia, the prescribing of the cyclical menopausal hormone therapy preparations Femoston 1/10 and Femoston 2/10 is restricted to “*Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 6 months since last menses*”.

The IMS recommends this product prescribing indication for both Femoston 1/10 and Femoston 2/10 be amended to allow for treatment of perimenopausal women. We proposed that the modified indication be:

“*Hormone replacement therapy (HRT) for oestrogen deficiency in natural or artificial menopause in women with an intact uterus*”.

This would bring the availability of these products in line with internationally recommended prescribing practice and allow clinicians to prescribe these therapies for perimenopausal women according to the product labelling.



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Reference:

1. Jane FM, Davis SR. A Practitioner's Toolkit for Managing the Menopause. *Climacteric*. 2014:1-16.