

*Menopausal hormone therapy:***Menopause management for women with heart disease**

Specialist care should be considered for women with various types of heart disease who are taking menopausal hormone therapy (MHT).

MHT, coronary heart disease and myocardial infarction

- MHT is **contraindicated** in women with existing **coronary heart disease** (CHD), including **myocardial infarction** (MI)
- Although it is strongly advised to stop MHT after MI, the risk of MI, angina or death is low when MHT is continued
- Women taking MHT who sustain a MI do not necessarily have to stop
- MHT can be prescribed after MI
- Starting doses of **estrogen** should be individualized according to the patient's age; a non-androgenic **progesterone** should be preferred, a non-oral route of administration favored and co-administration of a statin considered

MHT use in women with arrhythmias

- The risk of MHT seems to be higher in women with atrial fibrillation
- The degree of risk varies with the type of estrogen and progestin
- Ongoing MHT may be associated with an increased risk of atrial fibrillation

MHT use in women with CHD

- For women with mechanical heart valves, previous Fontan repair, severe left ventricular systolic dysfunction or those with pulmonary arterial hypertension, if MHT is being considered, it should be in **transdermal** form
- Women with Turner's syndrome often have CHD, hypertension and electrocardiographic abnormalities (including QTc prolongation)
- Estrogens play a role in lengthening QTc, while progesterone appears to be protective by limiting QTc prolongation

MHT use in women with valvular heart disease

- The majority of women with valvular heart disease can be prescribed MHT

There are very limited research data both on the management of menopause in women with a history of CHD and on the impact of MHT on women with heart failure.

Further information

EMAS (2025). CareOnline. Health at menopause and beyond <https://emas-online.org/guidelines-and-education/#emas-care-online>

Lumsden et al. (2025). European Society of Endocrinology clinical practice guideline for evaluation and management of menopause and the perimenopause <https://doi.org/10.1093/ajeendo/lvaf206>

British Menopause Society (2024). Tool for clinicians: HRT after myocardial infarction <https://thebms.org.uk/wp-content/uploads/2024/03/21-BMS-TfC-HRT-after-myocardial-infarction-MARCH2024-A.pdf>

British Menopause Society (2024). Tool for clinicians: Management of menopause for women with cardiovascular disease <https://thebms.org.uk/wp-content/uploads/2024/12/22-BMS-TfC-Management-of-menopause-for-women-with-CVD-DEC2024-A.pdf>