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MEDIA RELEASE

For immediate release

GP learning tool for hormone replacement therapy choices

The practical, therapeutic use of hormone replacement therapy (HRT) and its safety for women during menopause is the subject of a new learning activity from The Royal Australian College of General Practitioners (RACGP). The learning tool is now available on the RACGP's online education portal *gplearning* at www.gplearning.com.au.

RACGP spokesperson Associate Professor Danielle Mazza said: "It is vital that GPs are able to advise patients on the benefits as well as the possible side effects of HRT and the choices that are available to them."

"This new learning module is a great opportunity for doctors to keep up to date with the very latest information about HRT so as to enable patients to make an informed decision as to what type of therapy is right for them. Its focus is on finding the appropriate treatment for a particular woman's situation."

By working through a number of case studies, general practitioners will be in a stronger position to outline to their patients the benefits, risks and common side effects of HRT.

The new online learning activity will also enable GPs to list the clinical indications and contraindications of HRT to their patients and feel confident in informing them about commonly used HRT preparations and regimens.

The place of low dose oestrogen, transdermal products, tibolone and androgens in the management of postmenopausal women are also covered in the module as well as the role of phytoestrogens.

The learning tool assist GPs in understanding when and how to changeover from oral contraceptive use to HRT and to withdraw therapy. Strategies to manage postmenopausal symptoms in women with a past history of breast cancer are also covered.

Links and resources for further information and advice are available within the activity, enabling GPs to confidently direct women to resources that help them to make an informed decision with regard to their situation.

This valuable resource also describes appropriate preventive health strategies associated with HRT use and the risks associated with bio-identical hormones.

The module is approved for RACGP QA&CPD Category 2 points. It is available free to RACGP members at www.gplearning.com.au. Those who are not RACGP members need to have a *gplearning* subscription to participate.

The activity has been developed through an unrestricted educational grant from Wyeth Australia.

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About the RACGP

The Royal Australian College of General Practitioners (RACGP) sets and maintains the standards for quality clinical practice, education and training, and research in Australian general practice, and represents Australia's urban and rural general practitioners.

Visit www.racgp.org.au.