

question: ?how long must RHT be used considering the beneficial and adverse effects?

They studied the clinical histories of 534 women who, between 1989 and 2004, have attended periodically medical, laboratory and mammography tests at the [Menopause](#) Unit of the San Cecilio teaching Hospital of Granada.

Gonzalez Vanegas study also concludes that the discomfort derived from menopause falls in the first six months of application of any of the RHT, with the consequent improvement in womens quality of life.

The observations allow to conclude that, regardless the type of hormone therapy followed, the symptomatology improves, there are no weight changes, the lipid profile improves ([cholesterol](#), triglycerides); bone quality gets better and breast cancer is less frequent than in general population, especially in the group which received estrogens.

The results of this research work have been published in journals such as Climateric or Menopausia. (ANI)

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