

Menopausal hormone therapy associated with increased blood pressure in new study

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Menopausal hormone therapy use is associated with higher odds of high blood pressure, according to research published July 11 in the open access journal *PLoS ONE*. Longer hormone use was associated with further increased odds of high blood pressure, although this association decreased with subjects' ages.

The authors of the study, led by Joanne Lind of the University of Western Sydney, included 43,405 postmenopausal women in their study to identify the association.

As Dr. Lind explains, the study shows that "longer use of menopausal [hormone therapy](#) is associated with having high blood pressure. It is therefore important that [high blood pressure](#) be conveyed as a health risk for women considering using menopausal hormone therapy."

The results of the study may be taken into account when women are deciding whether, and for how long, menopausal hormone therapy is right for them.

More information: Chiu CL, Lujic S, Thornton C, O'Loughlin A, Makris A, et al. (2012) Menopausal Hormone Therapy Is Associated with Having High Blood Pressure in Postmenopausal Women: Observational Cohort Study. *PLoS ONE* 7(7): e40260. [doi:10.1371/journal.pone.0040260](https://doi.org/10.1371/journal.pone.0040260)

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