

The HAG'S Guide

When HRT is Delayed

In 2025, the U.S. Food and Drug Administration (FDA) removed the broad "black box" safety warning labels from menopausal hormone replacement therapy (HRT) products.[1]. This gave way to a substantial demand for HRT. Because of the sudden spike in demand, prescription refills and deliveries have been delayed. Many women are left scrambling each month.

Below are some actions that may help you through this experience.

Where to Start

Locally: Call other pharmacies in your area to see if they have the HRT you need. Each pharmacy has their own supplier, so if your pharmacy is out, you might have luck with another. Have your prescription label handy so you can relay the mg and percentages if needed. If they can accommodate your prescription needs, ask them to transfer your prescription to their location. It may take 24-48 hours for the transfer to be completed. Yes, all of this is more work for you. It takes time and energy that may already be very limited for you. And, honestly, it can be discouraging when you get several “No”s in a row. You may find yourself in a mini emotional breakdown. This is understandable. Give yourself permission to cry or rage.

Insurance: Call your insurance. Use the number on the back of your insurance card. Ask them what their preferred mail-order pharmacy is. Then call your prescribing doctor and see if they would be willing to give you a 90-day prescription and send your prescription to the mail-order pharmacy.

Online: There are digital health care platforms that cater to hormonal care. Speak to your doctor or NP to get their professional insight into what would work best for you.

Left High and Dry

If you are left without hormones for a few days or weeks, here are some measures you can take to support yourself:

- Manage your stress. As our sex hormones fluctuate and decline, we are more vulnerable to stress.
- Eat more fiber and be sure to get some movement into your day. Staying hydrated and gentle movement can help regulate our bowels. Constipation is common with low estrogen.
- Show compassion for yourself. You may be on edge. You may have a flare-up of perimenopause symptoms, feel frustrated, and be irritable. This is all very natural because your hormone levels may be fluctuating wildly. Pause and give yourself a break.
- Converse with your doctor about the best possible route for you.

Mindfulness Practice: Presence through the Senses

Mindfulness is a way of saying, “Hey, pay attention to this moment.” Learning to be present can help during perimenopause. It is like an anchor that moors you to the moment when chaos breaks out. In our modern day, chaos seems to erupt every 15 minutes. This practice can be as short as 1 minute or as long as 15 minutes. The intention is to give your nervous system a break each day.

To start, take a seat in a place that feels safe and where you will not be interrupted. It may be your bathroom or car, and that’s okay. Start with your sense of touch. *What is the most obvious sensation of touch that you are aware of?* For example, the weight of your body on the chair beneath you. Tune in to this sensation. Then ask yourself, *What is the most subtle sensation of touch that I am aware of?* It might be the feeling of your clothing on your skin, or hair falling on your neck. Notice this sensation. Then, let it go and move on to sound. *What is the most obvious sound that you hear? What is the most subtle?* You get the gist. Continue through the other senses, or stick with these two until you feel comfortable with the practice. Reminder: it is not about the length of the practice, but about the consistency. So find a time when you can do this daily and a duration that works with your schedule. The intention is to build up your muscle memory in this practice, so that you have a tool to press the brake on your nervous system as needed.

[1]. U.S. Department of Health and Human Services.(November, 2025).Fact Sheet: FDA Initiates Removal of “Black Box” Warnings from Menopausal Hormone Replacement Therapy Product. HHS.Gov. <https://www.hhs.gov/press-room/fact-sheet-fda-initiates-removal-of-black-box-warnings-from-menopausal-hormone-replacement-therapy-products.html>

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