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## **Tibolone tablet**

## What is this medicine?

Tibolone tablets 2.5mg are a hormone replacement therapy (HRT) used to help relieve symptoms of menopause, caused by reduced production of oestrogen after menopause or following surgical removal of the ovaries. These symptoms include, hot flushes, night sweats, sleeplessness, vaginal dryness, headaches, mood swings, lack of concentration and loss of energy. Tibolone tablets are also used to help prevent postmenopausal bone loss (osteoporosis) and reduce risk of fracture. Tibolone tablets are intended only for post-menopausal women who are over 60 years and who cannot take other HRT medication for the treatment of oestrogen deficiency or other medication for prevention of bone mineral density loss.

## How does Tibolone work?

Tibolone tablets 2.5mg contain tibolone, a synthetic steroid hormone that is broken down by the body's metabolism into three compounds that act in a similar way to naturally produced oestrogen, progesterone and testosterone. These metabolites are also tissue-specific which means that they only act on certain tissues. Tibolone tablets, once metabolised, have oestrogenic effects on bone, vaginal and breast tissue, whereas it has progestogen activity on the endometrium (lining of the uterus) and androgenic effects (like testosterone) in the brain and liver; these actions help restore the hormonal balance to relieve menopausal symptoms like vaginal atrophy, loss of bone density and osteoporosis, as well as other symptoms, such as reducing hot flushes and improved libido. Tibolone tablets also have other beneficial effects like lowering cholesterol levels, which tend to increase after menopause.