



**UKPMIS**

UK Porphyria Medicines  
Information Service

THE  
BRITISH PORPHYRIA  
ASSOCIATION



## Using Hormone Replacement Therapy (HRT) in Porphyria Cutanea Tarda (PCT)

*An update from UK Porphyria Medicines Information Service*

### HRT and PCT

HRT is most commonly used to treat menopause symptoms. As you approach menopause, the hormones oestrogen and progesterone fall to low levels. HRT simply replaces these hormones. PCT is the most common type of porphyria. It is usually first noticed due to the skin lesions that can appear.



### PCT in Remission

Treatment of PCT is often very successful and can result in remission of the condition. Remission means that there are no symptoms of PCT. When PCT is in remission, there are no restrictions on the medications that can be taken. Although, drinking alcohol should be avoided as this can cause PCT to stop being in remission.

**The information here is not exhaustive** and is specifically for patients with PCT. For more information about HRT treatment and PCT speak to your healthcare provider or call UKPMIS on **029 2184 2251**.

In the meantime, for more information on acute porphyria and SAFE medications, visit [www.wmic.wales.nhs.uk/specialist-services/drugs-in-porphyria](http://www.wmic.wales.nhs.uk/specialist-services/drugs-in-porphyria) or call UKPMIS on **029 2184 2251**.

Are you still receiving your annual SAFE drugs list? If not, please call UKPMIS on 029 2184 2251.

### Active PCT

There is a risk that PCT may relapse and symptoms may reappear, causing it to become active. PCT is classed as active when at least one of the following is present:

- skin lesions
- increased amounts of porphyrins in the urine or blood.

If you have PCT and it is active, you should avoid oestrogen if possible. This is because it may cause your PCT symptoms to get worse. Usually, oestrogen is a part of HRT. It can also be found in some oral contraceptives.

Sometimes, HRT treatment is essential. If you do require HRT treatment and you have PCT, make sure that you are taking the lowest possible dose of oestrogen to manage your symptoms. If you are concerned, contact your doctor.