



Women's Health **Made Easy**

Updates added since publication

Added to post May 2026 printings

- **Section 2.9 on polycystic ovarian syndrome** – introductory text updated to reflect the new name for PCOS: polyendocrine metabolic ovarian syndrome (PMOS); the more familiar PCOS acronym is currently still used within the rest of the book.
- **Section 3.2.24 on risk of meningioma** – updated to reflect latest CoSRH advice that certain progestogen-containing COCs and POPs may increase risk of meningioma.
- **Section 3.7 on contraceptive implants** – updated to reflect MHRA extending the licence of Nexplanon from 3 years to up to 5 years.
- **Section 6.6.7 on non-hormonal prescribable medications for the relief of vasomotor symptoms** – updated to reflect that NICE now recommends fezolinetant as an option for moderate/severe vasomotor symptoms when HRT is not suitable.
- **Section 7.2.2 on progestogen** – tables updated to include data on dienogest.
- **Section 7.9 on HRT products and doses** – more data added on dienogest; *Table 7.10* updated to reflect new BMS guidelines on the prescribed doses of oestrogen and progestogen in HRT.