

21st May, 2023

willim.walker@aol.co.uk

BBC Complaints
PO Box 1922,
Darlington
DL3 0UR

Dear Sir / Madam,

**<https://www.bbc.co.uk/news/health-65655050>
Utrogestan: Menopause pill supply restricted over shortages**

The above article is fundamentally wrong as there is no mention of natural progesterone.

I attach the Material Safety Data Sheets for Utrogestan:-

| | |
|--------------|---|
| MSDS Sheet | Utrogestan - MSDS |
| Web link | https://pharmacycode.com/msds/Utrogestan |
| Date printed | 29/06/2022, 20:43 |

As can be seen in the header below "**Material Safety Data Sheet - Progesterone 98%**" is stated. This is again repeated in "**Section 8 - Chemical Name Progesterone, 98%**"

From the Material Safety Data Sheet for Utrogestan :-

Utrogestan Material Safety Data Sheet
ACC# 34783

Section 1 - Chemical Product ...

MSDS Name: Progesterone, 98%

Section 9 Physical and Chemical Properties

Molecular Formula: C₂₁H₃₀O₂

There is no mention of oestrogen on the Material Safety Data Sheet so the web page is wrong in mentioning only "oestrogen."

As it is natural progesterone, C₂₁H₃₀O₂, in Utrogestan it could be termed "natural Hormone Replacement Therapy", nHRT.

For Progynova I found the Patient Information Leaflet at:-

<https://www.medicines.org.uk/emc/medicine/2884> - & View or print the patient leaflet as PDF.

Pages 10 & 11 are attached.

The foregoing BBC web page requires correcting in that oestrogen should at least be replaced by **progesterone and oestrogen/oestradiol**.

What is HRT and what are the benefits?

*As women approach the menopause, their levels of the hormone **oestrogen** fluctuate and*

decline.

Oestrogen has many roles. It helps regulate menstrual cycles, contributes to bone strength and influences the temperature of our skin. As **oestrogen** levels become unstable, people can experience a range of symptoms such as hot flushes, night sweats, anxiety and joint pain.

HRT tops up the **oestrogen** levels in a woman's body and can help alleviate these symptoms.

Women who take it generally do not stay on it forever, just to help with the menopausal transition, and many say it makes a big difference to their wellbeing.

For facts regarding natural progesterone, C21H30O2, refer to **The PMS Bible** by **Dr Katharina Dalton** ("coined" the term PMS) or **What Your Doctor Might Not Tell You About Menopause** by **John R Lee MD** with **Virginia Hopkins**.

I look forward to seeing factual accuracy, mentioning progesterone, and the web page corrected.

Yours faithfully,

Willim - W R Walker