

Refresh Releases Florida Menopause Guidance After FDA Estradiol Patch Update

New FDA developments are reshaping the menopause conversation as Refresh outlines what Florida women should know about HRT, access and individualized care.

JUPITER, FL, UNITED STATES, September 11, 2026

/EINPresswire.com/ -- Refresh - Aesthetics & Wellness is highlighting important developments in menopause care following a September 3, 2026 update from the U.S. Food and Drug Administration regarding availability of estradiol transdermal patches.

The FDA reported that some patients have experienced difficulty readily accessing their usual estradiol patches because of increased demand. The agency said it is working with all six manufacturers to increase supply while emphasizing that estradiol transdermal patches remain available, although availability of individual products or brands may vary by pharmacy and location.

For women navigating perimenopause and menopause, the development is part of a much larger shift taking place around menopause treatment and hormone replacement therapy, commonly referred to as HRT or menopausal hormone therapy.

"Women are hearing more about menopause and hormone therapy than ever before, but more information does not always mean better information," said Christopher Senger, MD, Chief Medical Officer of Refresh - Aesthetics & Wellness. "Hormone therapy can be helpful for appropriately selected patients, but it should never be approached as a one-size-fits-all solution. Symptoms, medical history, risk factors and the individual patient all matter."

Menopause Care Is Entering a New Conversation

The recent increase in attention surrounding estradiol follows other significant federal



Lisa Hill APRN In Palm Harbor
Ready For Bloodwork For Wellness
Program

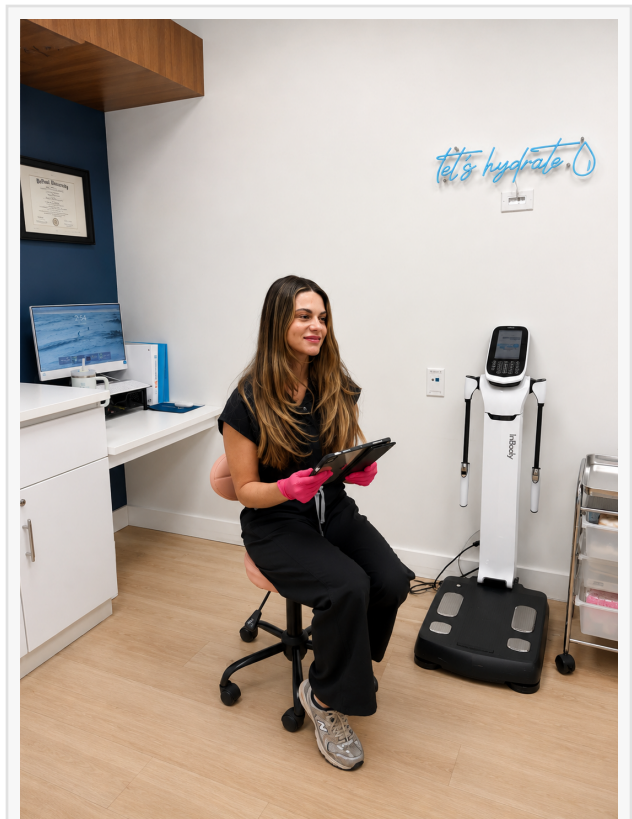
developments involving menopausal hormone therapy.

In February 2026, the FDA approved labeling changes to six menopausal hormone therapy products. Those changes removed statements concerning cardiovascular disease, breast cancer and probable dementia from the boxed warning on the affected products.

The change did not mean hormone therapy became risk-free or appropriate for every patient.

Instead, the evolving guidance has placed greater emphasis on individualized discussions between women and their healthcare providers about the potential benefits and risks of treatment.

The American College of Obstetricians and Gynecologists states that hormone therapy can help relieve certain symptoms of menopause and perimenopause, including hot flashes and night sweats. However, whether hormone therapy is appropriate depends on factors that include a patient's symptoms, personal medical history and family medical history.



Nicolette DiGregorio PA-C During Wellness Consultation in Port St Lucie

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Women deserve clear, current information about menopause care. Hormone therapy can help appropriate patients, but treatment should always be individualized.”

Christopher Senger, MD, Chief Medical Officer

Certain medical conditions may make systemic hormone therapy inappropriate, and different formulations and routes of administration may carry different considerations.

What Women Should Know About Estradiol Patch Availability

The FDA has not stated that estradiol transdermal patches are unavailable nationwide.

Rather, the agency reports that availability of certain products or brands may differ between pharmacies and geographic areas while manufacturers work to expand production.

According to the FDA, the supply of FDA-approved estradiol transdermal patches has nearly doubled over the past year. Manufacturers are taking steps that include increasing production,

adding manufacturing shifts, expanding capacity and adding specialized equipment.

Women who cannot locate their usual estradiol patch should not independently stop treatment, change doses or substitute products.

The FDA recommends contacting a pharmacist about availability and speaking with the prescribing healthcare provider about appropriate alternatives when necessary.

HRT Is Not One Single Treatment

The term “hormone replacement therapy” encompasses different medications, doses, routes of administration and clinical circumstances.

Estrogen may be delivered systemically through forms that include patches, pills, gels and sprays. Depending on the patient and whether the uterus is present, a clinician may also determine that a progestogen is appropriate.

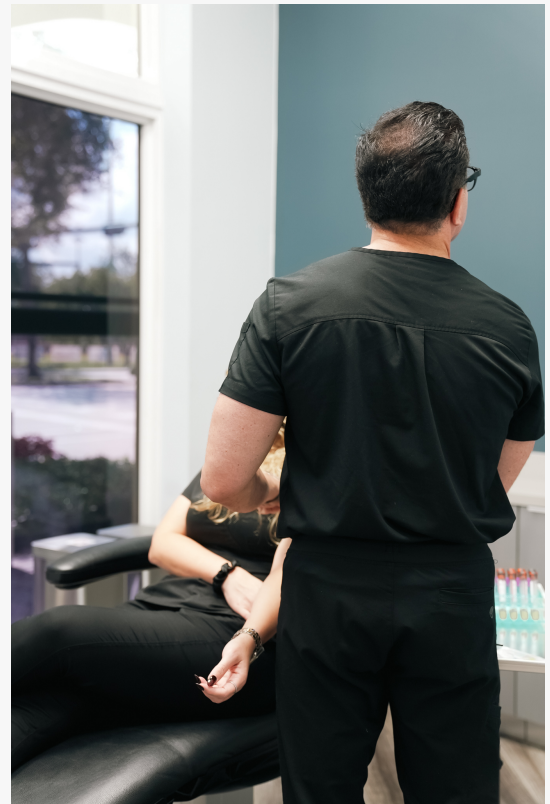
There are also nonhormonal treatment options for some menopause symptoms.

That is why Refresh encourages women to view menopause care as an individualized medical conversation rather than simply asking whether HRT is “good” or “bad.”

Perimenopause and menopause can present differently from one person to another, and symptoms such as hot flashes, night sweats, vaginal dryness and sleep disruption can overlap with other health concerns.

A clinical evaluation can help determine what factors may be contributing to a patient's symptoms and what treatment options may be appropriate.

A More Individualized Approach to Menopause Care



Dr.Senger performing a Phlebotomy for an Anti Aging Program



Hyperbaric Oxygen Chamber in Jupiter Florida

in Florida

Refresh - Aesthetics & Wellness provides menopause and hormone replacement therapy evaluations across nine Florida locations in Jupiter, Wellington, Port St. Lucie, Vero Beach, Fort Lauderdale, Tampa, St. Petersburg, Brandon and Palm Harbor.

Refresh's menopause and hormone programs incorporate a medical evaluation, review of symptoms and health history, diagnostic testing used as clinically appropriate within the program, and ongoing follow-up and monitoring.



The Refresh Family

Laboratory testing can provide valuable clinical information, but menopause care should not be reduced to a single hormone level or laboratory result. Symptoms, menstrual history, age, medical history, medications, risk factors and other clinical information may all influence treatment decisions.

When hormone therapy is being considered, Refresh providers evaluate whether treatment is appropriate for the individual patient and discuss realistic expectations, potential benefits, risks and ongoing monitoring.

“Our goal is not to convince every woman that she needs hormones,” Senger said. “Our goal is to make sure women have access to credible medical information, understand their options and have an opportunity to make informed decisions with a qualified healthcare professional.”

Greater Awareness Creates a Greater Need for Reliable Information

The FDA itself has noted increasing interest in treatment for menopause symptoms as demand for menopausal hormone therapies has grown.

For healthcare providers, that increased attention also creates a responsibility to separate evidence-based medicine from social-media trends, generalized treatment protocols and claims that imply a single therapy is appropriate for everyone.

Refresh encourages women experiencing symptoms associated with perimenopause or menopause to speak openly with a qualified healthcare provider about their symptoms, medical history and available options.

Patients currently using prescription hormone therapy should consult their prescribing provider before changing or discontinuing medication.

About Refresh - Aesthetics & Wellness

Refresh - Aesthetics & Wellness is a Florida medical aesthetics and wellness organization with nine locations across the state. Refresh provides aesthetic and wellness services through licensed medical professionals with clinical oversight and an emphasis on individualized patient care, education and long-term treatment planning.

Services include menopause care, hormone replacement therapy, diagnostic wellness evaluations, aesthetic injectables, laser treatments, skin rejuvenation and other physician-led wellness programs.

Refresh currently serves patients throughout Palm Beach County, the Treasure Coast, Broward County and the Tampa Bay region.

For additional information about menopause care and [hormone replacement therapy in Florida](#), visit refreshmedical.com.

Medical Disclaimer: This release is intended for general educational and informational purposes only and does not constitute individual medical advice. Hormone therapy is prescription medical treatment and may not be appropriate for every patient. Treatment decisions should be made with a qualified healthcare professional based on individual medical circumstances.

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