



## Safe use of Transdermal HRT – What You Need to Know

*A quick guide to keeping your loved ones safe*

**By Sharon Worth**

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### Why This Matters

Hormones are powerful. Transdermal HRT (oestrogen or testosterone gels/creams) can be life-changing for the person taking them — but can sometimes unintentionally transfer to others via skin contact.

This isn't about fear — it's about awareness and protection.

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### Who's at Risk?

- **Children** – especially with repeated skin contact.
  - **Pets** – even spayed animals can be affected.
  - **Partners** – via close skin contact.
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### Real Stories

- A 6-year-old regularly helped her mum rub in her gel — without knowing the risk.
  - A 17-year-old developed gynaecomastia requiring surgery; later linked to his mum's HRT, despite careful application and hand-washing.
  - Pets "going into heat" despite being spayed ([BBC News, Oct 2023](#))
  - A Surrey toddler developed pubic hair and acne after exposure to her mum's testosterone gel ([Business Insider](#))
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### What the Research Says

*"These cases highlight physical changes but also a psychological effect on the child and parents... Prescribers... have a responsibility to highlight risk and mitigation measures."*

– [Endocrine Abstracts 2024](#)

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## How to Protect Loved Ones

- Apply gel to areas that can be **covered with clothing**.
- Allow **20+ minutes drying time** before contact.
- Wash hands thoroughly after applying.
- Avoid skin contact with children and pets around application sites.
- Store gels/creams safely out of reach.

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## Why Aren't We Being Told?

Warnings on packaging are minimal. Safety advice is inconsistent. Awareness is low. It's time for a consistent message — from prescribers, pharmacists, and manufacturers.

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## Let's Talk About It

I'm pro-HRT. This isn't about stopping treatment — it's about making sure we have the *whole picture*. Because none of us would knowingly put our children or pets at risk.