

IMWA-Menopause Treatment – Competition Information

For female international Masters athletes

using Menopause Hormone Therapy Treatment substances.

The IMWA Anti-Doping secretariat receives questions regarding Menopause hormone treatment during a competition phase.

Female athletes are strongly advised to discuss this document and possible alternative treatments during an active competition phase.

In this document we listed also which hormones would not be approved even when applied for a (Retro-Active) TUE.

Please always remember that applying for a TUE, does not mean that it will be approved!!

MOST COMMONE USED HORMONES WHICH ARE PROHIBITED AT ALL TIMES:

The most common hormones used in menopause treatment that are **prohibited** by the World Anti-Doping Agency (WADA) are **androgenic** and **anabolic** substances.

While standard estrogen and progesterone are permitted, any treatment containing androgens is strictly banned at all times.

Most Common Prohibited Hormones in Menopause

- **Tibolone:** Often used to treat vasomotor symptoms and prevent osteoporosis, Tibolone is prohibited because it converts into **delta-4 tibolone**, a potent androgen that mimics anabolic steroids in the body.
- **Testosterone:** Frequently prescribed "off-label" to treat low libido (Hypoactive Sexual Desire Disorder) or fatigue in menopausal women, all forms of testosterone—including **bioidentical pellets**, topical gels, and injections—are **prohibited at all times**.
- **DHEA (Dehydroepiandrosterone):** A precursor hormone often found in "anti-aging" supplements or vaginal inserts (e.g., Intrarosa) for vulvovaginal atrophy. It is banned because it converts into testosterone and other androgens.
- **Androstenedione:** Sometimes used as a "natural" supplement for hormone balance, it is a direct precursor to testosterone and is strictly prohibited.

Prohibited Hormone Modulators

Some non-hormonal treatments used in menopausal care are also banned because they interfere with hormonal pathways:

- **Aromatase Inhibitors** (e.g., Anastrozole, Letrozole): Sometimes used in breast cancer survivors or for specific hormonal conditions, these are prohibited as they block the conversion of androgens to estrogens.
- **SERMs (Selective Estrogen Receptor Modulators):** Medications like **Raloxifene**, used to prevent postmenopausal osteoporosis, are prohibited because they can modulate estrogen receptors in a way that impacts performance or masks other substances.

Summary of WADA Status for Menopause

Treatment Type	WADA Status	Examples
Permitted	Allowed	Estrogen (estradiol), Progesterone, Progestins, HRT patches/gels
Prohibited	Banned at all times	Tibolone, Testosterone, DHEA, Androstenedione
Restricted	Banned	Aromatase Inhibitors, Raloxifene

WHAT TO DO?

You need to discuss with your physician to switch to a possible **WADA-compliant hormone replacement therapy (HRT)** or **non-hormonal alternative**.

WADA-Compliant Alternatives

If you require treatment for menopausal symptoms or bone health, the following options are generally permitted under World Anti-Doping Agency (WADA) rules:

- Standard Estrogen and Progesterone HRT:** Standalone estrogen, progesterone/progestogen, and combined hormonal products (patches, gels, or tablets) are **not prohibited** in sport for female athletes.
- **Hormonal Contraceptives:** Combined pills, progestin-only "mini" pills, and hormonal IUDs (e.g., Mirena) are widely used and permitted.
 - **Bisphosphonates and Monoclonals:** For osteoporosis prevention, non-hormonal medications like **bisphosphonates** (e.g., Alendronate) or monoclonal antibodies like **Denosumab** (Prolia) are common alternatives that do not carry doping risks.
 - **Non-Hormonal Symptom Management:** Medications like **Clonidine** or specific **SSRIs** (antidepressants) can effectively manage hot flashes and night sweats without affecting hormone levels.

Treatment Status Summary

Treatment Type WADA Status		Notes
Estrogen	Permitted	No TUE required.
Progesterone	Permitted	No TUE required.
Fezolinetant	Permitted	Non-hormonal alternative.
Testosterone	Prohibited	Very difficult to get a TUE for females.
DHEA	Prohibited	No medical exemption typically granted.
Tibolone	Prohibited	Prohibited due to androgenic effects.

Critical Warnings for Athletes

- **Check Every Product:** Always verify the status of any prescribed medication or supplement on Global DRO. www.globaldro.com
- **Consult a Specialist:** Work with a sports medicine physician who understands anti-doping responsibilities. General practitioners may not realize that "standard" menopause treatments can lead to a positive drug test.

The IMWA