



Lesson plan: HRT Supply Crisis

Overview

This 30-40 minute B2-C1 lesson is on the topic of hormone replacement therapy (HRT). The lesson has a pre-reading vocabulary activity followed by a short text where students read for specific information, and a discussion activity to finish.

Teaching notes and answer key

Part 1: vocabulary

Have students work in pairs to complete the definitions with the words.

Go through the answers as a class. Deal with any vocabulary queries.

Answers

1. spike
2. hot flush
3. in-demand
4. taskforce
5. patch adhesive
6. (an) uptick in
7. stigma
8. brain fog
9. sustainable
10. (to) fill a prescription
11. swapping
12. proactive

Part 2: reading

A. Have students work individually or in pairs to read the text and answer the questions. Click the link to access the article.

[HRT crisis: what's causing the shortages of menopause treatments?](#)

Go through the answers as a class.

Answers

1. True
2. False, they are also caused by increase in demand, manufacturing issue and company ownership changes
3. True
4. True
5. False. the three-month supply restriction of HRT products was brought in because of concerns about serious supply shortages
6. False, the taskforce is investigating supply chain problems
7. True
8. True

Part 3: speaking

Put students into pairs or small groups and ask them to discuss questions 1–3 on the student worksheet. Encourage them to share examples from their own experience.

Do whole class feedback to discuss and share answers.

Suggested answers

1. Have patients experienced any of the issues in the article?
Students' own answers
2. Do you think that HRT should be available for free?
Students' own answers
3. What issues can menopausal women face?



Students' answers may include:

physical and mental symptoms: hot flushes, chills, vaginal dryness, weight gain, tiredness, mood swings, anxiety, anger and irritability, low mood, brain fog

societal issues: stigma, inadequate diagnosis, workplace discrimination, access to HRT

Resources

[NHS: Hormone Replacement Therapy \(HRT\)](#)

[Types of HRT](#)