

FINANCIAL DISCLOSURES

The authors are employed by Midi Health and receive salary and stock options.

BACKGROUND

When timed appropriately, Menopause Hormonal Therapy (MHT) is safe and effective to alleviate vasomotor symptoms and genitourinary syndrome of menopause¹. Estrogen transdermal patches are the most common form of systemic therapy, with patch prescriptions more than tripling from 2018 to 2026². In Nov 2925, the Food and Drug Administration initiated removal of the black box warning from MHT³. Since then, access to patches has been challenging; the American Society of Health-System Pharmacists placed many patches on their drug shortage list throughout 2026⁴. Research on patch shortages has not yet emerged in published medical literature.

OBJECTIVE

The objective was to rapidly investigate challenges women experienced with estrogen patch prescriptions during reported supply and demand imbalances in 2026.

METHODS AND MATERIAL

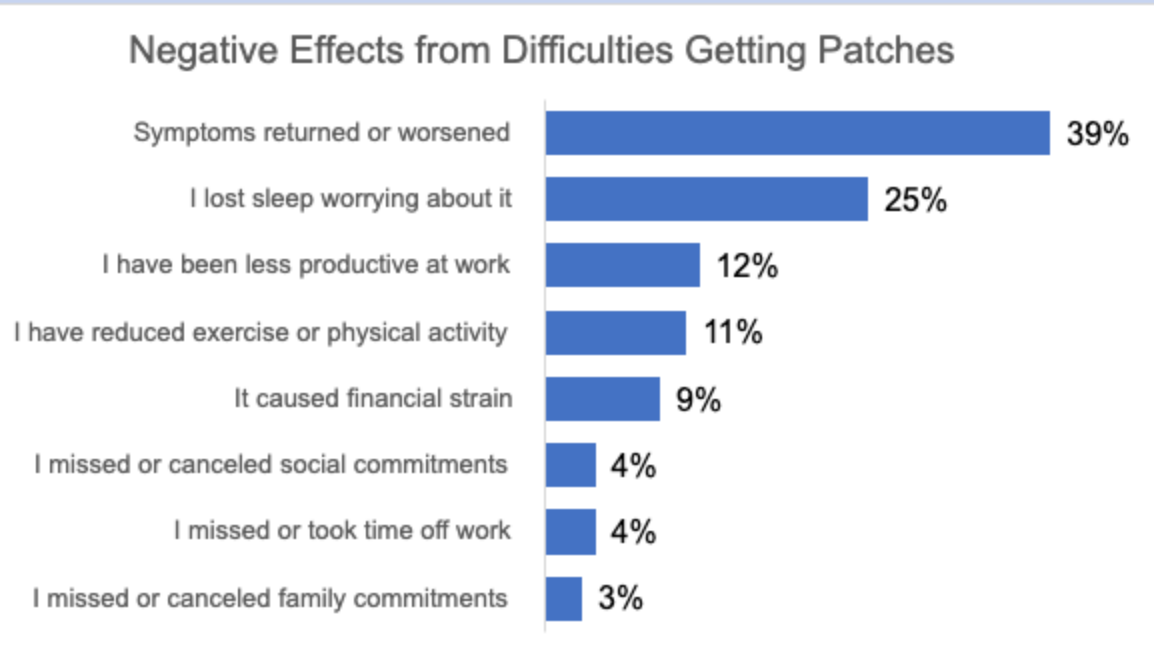
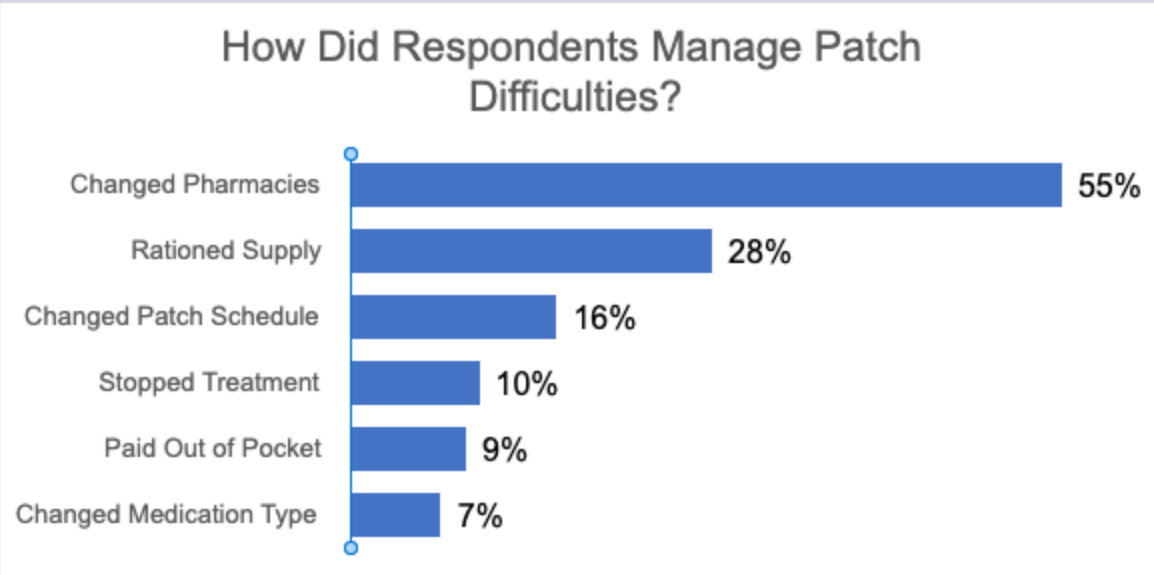
Midi Health provides insurance-covered health care for women and serves 35,000+ patients weekly across the US. With access to a large population of women on MHT, on April 27, 2026, an invitation to an anonymous survey was sent to Midi email newsletter subscribers inviting them to share their experiences obtaining estrogen patches.

METHODS AND MATERIAL

- Invitation wording: "We're working to better understand how women are accessing and experiencing the estrogen patch. If you’re currently prescribed the patch, please take a moment to anonymously share your experience.”
- Respondents were asked about their experience in getting prescriptions filled, the methods used to manage challenges, the perceived impact of challenges, and their confidence in getting future prescriptions filled. All questions were optional.

RESULTS

- The Survey link was sent to 71,385 subscribers.
- 7,281 responses arrived in 4 days (10% response rate) from all 50 states, Washington, D.C., and Puerto Rico.
- 97% (7,067) had patch prescriptions.
- 44% of patch users reported difficulty getting patch prescriptions filled.
 - 34% of those with difficulty reported their pharmacy was out of stock.



RESULTS

- 32% reported significant-to-severe impact on their physical, mental or emotional well-being.
- Only 5% reported no negative impact.
- 69% lacked confidence in getting patches in the next three months.

DISCUSSION

The results of this survey confirm that women experienced challenges in obtaining estrogen patches in early 2026, with a variety of negative impacts.

Access challenges were associated with resurgence of symptoms and sleep disturbances, which can have subsequent deleterious health effects.

Difficulties led women to stop or not start prescribed therapy, affirming that the patch shortage is a barrier to care.

The finding that most women (69%) lacked confidence in getting future prescriptions filled highlights the need for greater transparency and stability in the pharmaceutical supply chain to support midlife women's health.

REFERENCES

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