

Activity 1

Compare the two extracts from an essay. Both are conveying similar ideas, but which does so with greater clarity?

How has the writer achieved this clarity?

A

Hormone Replacement Therapy (HRT) contains oestrogen to treat this hormone imbalance, and is also combined with progestogen for endometrial protection for women who still have their uterus (2, 5). It has been promoted for not only the relief of menopausal symptoms, but also reduction in osteoporosis risk, reduction in cardiovascular disease incidence and also for improvement in general quality of life (2, 5-7). Approximately 10% of 45-55 year old women in the UK currently use the treatment, however nearly 70% of women will cease HRT within nine months of starting, despite most guidelines recommending its use for four to five years (8, 9). This poor compliance is thought to be attributed to treatment being ineffective, unacceptable treatment side effects (particularly the re-emergence of monthly bleeds due to progestogen effects) or simply patients feeling better. Furthermore, symptom recurrence rates for those women who do stop may be as high as 50% (2).

B

The process of Hormone Replacement Therapy (HRT) contains oestrogen so that it can treat this imbalance in hormones, and is also combined with progestogen for endometrial protection for women who still have their uterus (2, 5), and has been promoted for not only the relief of menopausal symptoms, but also the reduction in the risk of suffering from osteoporosis, the reduction of becoming a sufferer of cardiovascular disease and also for improvement in the general quality of the life for those who partake in the treatment. (2, 5-7). Nearly 70% of women will cease HRT within nine months of starting, despite most guidelines recommending its use for four to five years (8, 9), and approximately 10% of 45-55 year old women in the UK currently use the treatment. This is thought to be attributed to treatment being ineffective, unacceptable treatment side effects (particularly the re-emergence of monthly bleeds due to progestogen effects) or simply patients feeling better. Furthermore, symptom recurrence rates for them may be as high as 50% (2).