



Hormone Therapy



What is it?

*Hormone Therapy- Reduces the Discomfort of Menopausal Symptoms, Colon Cancer, but Increases the Risk of Breast Cancer

*Not Recommended- for women who have had Breast Cancer, Endometrial Cancer, Heart Attack, Stroke, Liver Disease, Undiagnosed Uterine Bleeding, Problems with Blood Clots

*Menopausal Symptoms- Hot Flashes, Vaginal Dryness, Bloating, Breast Tenderness, Irregular Vaginal Bleeding

*Two Types of Hormone Therapy-

-Estrogen Replacement Therapy (ERT)- is Estrogen alone, may Increase the Risk of Endometrial (Uterine) Cancer, usually Prescribed for Women who have had a Hysterectomy

-Hormone Replacement Therapy (HRT)- combine Estrogen with Progestin (Female Hormone), Progestin Reduces the effect of Estrogen on the Uterine Lining and Protects Against Endometrial Cancer



Medications:

*Hormone Pills- are taken daily



*Other Forms of Hormone Therapy- Skin Patches, Vaginal Creams, Vaginal Rings

Facts:

*During/After Menaopause- Body Produces Less of Hormones (Estrogen and Progesterone)

*Hormone Therapy- may be Prescribed to Treat Symptoms of Menaopause and to reduce the Risk of Osteoporosis

What can I do?

*See your Physician- ppp

*See RD- for help as needed

*See FFF RD- on line for help

