



Hormone replacement therapy benefits

The hormone changes that take place as a woman enters menopause can be uncomfortable.

Hormone replacement therapy (HRT) may be an effective treatment for women with menopausal symptoms.



HORMONE CHANGES IN MENOPAUSE

Menopause is the time in a woman's life when she transitions to no longer having a period. It is a normal part of aging and commonly takes place between the ages of 45-55.

As a woman progresses through menopause, the levels of sex hormones go up and down, leading to a range of symptoms, including:

- Changes in menstrual cycles. The time between cycles and the flow may vary.
- Hot flashes. Getting warm and potentially flushing in the face, neck, and chest, often accompanied by sweating.
- Night sweats that interfere with sleep
- Vaginal changes that may lead to dryness and painful sex
- Changes in sexual desire
- Mood changes such as irritability, anxiety, and depression
- Thinning of the bones and increased risk of osteoporosis



BENEFITS OF HRT

For some women, the symptoms of menopause are mild. However, some women experience pronounced symptoms that interfere with their quality of life. For these women, HRT may be recommended to:

- Reduce the frequency and severity of hot flashes and night sweats
- Reduce vaginal symptoms such as dryness and painful sex
- Decrease bone loss and the risk of fractures later in life
- Improve mood and reduce anxiety
- Improve sleep
- Increase libido

SAFETY OF HRT

For many women, HRT can have big benefits. But it's not right for everyone. Talk to your doctor to determine if HRT is the right choice for you based on your medical history and risk factors.

HRT is not recommended if you:

- Think you are pregnant or may become pregnant
- Have had a stroke or heart attack
- Have or had certain types of cancer
- Have or had blood clots
- Have liver disease
- Have problems with vaginal bleeding