

Menopause & hormones

To learn more

National Women's Health Information Center

US Department of Health and Human Services

www.4woman.gov

1-800-994-9662

TDD: 1-888-220-5446

Food and Drug Administration

US Department of Health and Human Services

www.fda.gov/womens

www.fda.gov/cder

National Institutes of Health

US Department of Health and Human Services

www.nih.gov/PHTindex.htm

Agency for Healthcare Research & Quality

US Department of Health and Human Services

www.ahrq.gov

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Questions for your doctor, nurse or pharmacist

Are hormones right for me? Why?

Are there other things I can use or do?

What are the benefits and risks?

How long should I use hormone therapy?

What is the lowest dose that will work for me?

What are the side effects?

If I want to stop hormones, how should I do that?

When should I be checked for:

- Blood pressure
- Bone health
- Breast cancer
- Cervical cancer
- Colon cancer
- Cholesterol
- Dental health
- Diabetes
- Glaucoma

Do you have any advice to help me:

- Exercise
- Stop smoking
- Eat right
- Sleep better
- Reduce stress

REMEMBER

When using hormone therapy for menopause

- Use at the lowest dose that helps
- Use for the shortest time needed

Notes: _____



Department of Health and Human Services
Food and Drug Administration

