

# Menopause & hormones

## What is menopause?

Menopause is a normal change in a woman's life when her period stops. That's why some people call menopause "the change of life" or "the change." During menopause a woman's body slowly produces less of the hormones estrogen and progesterone. This often happens between the ages of 45 and 55 years old. A woman has reached menopause when she has not had a period for 12 months in a row.

## What is hormone therapy for menopause?

Hormone therapy for menopause has also been called hormone replacement therapy (HRT). Lower hormone levels in menopause may lead to hot flashes, vaginal dryness and thin bones. To help with these problems, women are often given estrogen or estrogen with progestin (another hormone). Like all medicines, hormone therapy has risks and benefits. Talk to your doctor, nurse, or pharmacist about hormones. ***If you decide to use hormones, use them at the lowest dose that helps. Also use them for the shortest time that you need them.***

## What are the symptoms of menopause?

Every woman's period will stop at menopause. Some women may not have any other symptoms at all. As you near menopause, you may have:

- Changes in your period—time between periods or flow may be different.
- Hot flashes ("hot flushes")—getting warm in the face, neck and chest.
- Night sweats and sleeping problems that lead to feeling tired, stressed or tense.
- Vaginal changes—the vagina may become dry and thin, and sex may be painful.
- Thinning of your bones, which may lead to loss of height and bone breaks (osteoporosis).

## Who needs treatment for symptoms of menopause?

- For some women, many of these changes will go away over time without treatment.
- Some women will choose treatment for their symptoms and to prevent bone loss. If you choose treatment, estrogen alone or estrogen with progestin (for a woman who still has her uterus or womb) can be used.

## What are the benefits from using hormones for menopause?

- Hormone therapy is the most effective FDA approved medicine for relief of your hot flashes, night sweats or vaginal dryness.
- Hormones may reduce your chances of getting thin, weak bones (osteoporosis) which break easily.

## What are the risks of using hormones?

- For some women, hormone therapy may increase their chance of getting blood clots, heart attacks, strokes, breast cancer, and gall bladder disease. For a woman with a uterus, estrogen increases her chance of getting endometrial cancer (cancer of the uterine lining). Adding progestin lowers this risk.

### How do hormones help with menopause?

- Reduce hot flashes
- Treat vaginal dryness
- Slow bone loss

### Who should not take hormone therapy for menopause?

#### Women who...

- Think they are pregnant
- Have problems with vaginal bleeding
- Have had certain kinds of cancers
- Have had a stroke or heart attack in the past year
- Have had blood clots
- Have liver disease



Department of Health and Human Services  
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### Should hormone therapy be used to protect the heart or prevent strokes?

- Do not use hormone therapy to prevent heart attacks or strokes.

### Should hormone therapy be used to prevent memory loss or Alzheimer's disease?

- Do not use hormone therapy to prevent memory loss or Alzheimer's disease.

### Do hormones protect against aging and wrinkles?

- Studies have not shown that hormone therapy prevents aging and wrinkles.

### How long should I use hormones for menopause?

- You should talk to your doctor, nurse or pharmacist. **Again, hormones should be used at the lowest dose that helps and for the shortest time that you need them.**

### Does it make a difference what form of hormones I use for menopause?

- The risks and benefits may be the same for all hormone products for menopause, such as pills, patches, vaginal creams, gels and rings.

### Are herbs and other "natural" products useful in treating symptoms of menopause?

- At this time, we do not know if herbs or other "natural" products are helpful or safe. Studies are being done to learn about the benefits and risks.

#### What can I do to improve my health whether I am using hormones or not?

- Talk with your doctor, nurse or pharmacist, and have regular check ups
- Don't smoke
- Eat right and watch your weight
- Ask if you should take calcium and vitamin D; discuss bone health
- Exercise
- Have your blood pressure, cholesterol, and blood sugar checked
- Have a breast exam and a breast X-ray (mammogram)

#### To learn more

##### National Women's Health Information Center

US Department of Health and Human Services

[www.4woman.gov](http://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](http://www.fda.gov/womens)

[www.fda.gov/cder](http://www.fda.gov/cder)

National Institutes of Health

US Department of Health and Human Services

[www.nih.gov/PHTindex.htm](http://www.nih.gov/PHTindex.htm)

Agency for Healthcare Research Quality

US Department of Health and Human Services

[www.ahrq.gov](http://www.ahrq.gov)

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