

# Menopause & hormones

## 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)

This document was developed by FDA and other agencies of the Department of Health and Human Services (HHS). HHS thanks all of the participating organizations that have assisted in its reproduction and distribution.

## 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

