Federal Citizen Information Center
US General Services Administration
www.pueblo.gsa.gov
1-888-878-3256

Food and Drug Administration
US Department of Health and Human Services
www.fda.gov/womens
www.fda.gov/cder

National Women's Health Information Center
US Department of Health and Human Services
www.4woman.gov

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/ppip/healthywom.htm

Menopause
& hormones

What Can You Believe?

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?

Notes:

When should I be checked for:

- Blood pressure
- Bone health
- Breast cancer
- Cervical cancer
- Cholesterol
- Colon cancer
- Dental health
- Diabetes
- Eye and Ear health
- Thyroid disease

Do you have any advice to help me:

- Eat right and control weight
- Be more active
- Stop smoking
- Sleep better
- Manage stress

REMEMBER

When using hormone therapy for menopause

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

Department of Health and Human Services
Food and Drug Administration