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# HORMONE THERAPY

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## **Q: What is Hormone Replacement Therapy (HRT)?**

While certainly not the only treatment modality for menopause care, Hormone Replacement Therapy (HRT) remains the gold standard for safe and effective treatment of menopausal symptoms for MOST women.

HRT involves replenishing hormones like estrogen, progesterone, and sometimes testosterone. It is considered the most effective way to relieve vasomotor symptoms like hot flashes and night sweats, and can also significantly improve urogenital symptoms such as vaginal dryness and pain during intercourse. HRT has been shown to prevent bone loss (osteoporosis) and may reduce the risk of fractures, cardiovascular disease, and diabetes. Furthermore, HRT may contribute to the maintenance of lean muscle mass, facilitate weight management, improve sleep quality and mood stability.

## **Q: What can i expect regarding the timing of Hormone Therapy Initiation:**

The optimal timeframe for commencing hormone therapy is within 10 years following the final menstrual period. HRT can be initiated during the perimenopausal period, a phase frequently characterized by symptomatic presentations such as mood lability, vasomotor symptoms (hot flashes), sleep disturbances, and weight fluctuations. Routine cessation of hormone therapy at a specific chronological age (e.g., 60 or 65 years) is no longer uniformly indicated.

The decision to use HRT should be made on an individual basis in consultation with a healthcare provider who can assess the benefits and risks specific to each woman.

