



HELEN STEARNS, DNP

YOUR MIDLIFE & MENOPAUSE SPECIALIST

# NON-HORMONAL THERAPY

---

**Q: What if I can't or don't want to take hormones?**

For women who cannot or choose not to take hormone replacement therapy (HRT), a range of non-hormonal therapies and strategies can help manage menopause symptoms. These approaches focus on non-hormonal prescription medications, lifestyle modifications, and alternative therapies.

**Q: What might each of these approaches involve?**

- **Non-hormonal prescription medications:** Several medications originally developed for other conditions have been found to help manage specific menopause symptoms including hot flashes, night sweats, mood changes, vaginal dryness, and more. These include **SSRIs and SNRIs (Antidepressants); Gabapentin and Pregabalin (Anticonvulsants); Fezolinetant; Ospemifene and Prasterone (for Vaginal Symptoms); Clonidine (Blood Pressure Medication).**

- **Lifestyle Modifications:** These are often the first line of defense and can significantly improve symptoms for many women. We will focus holistically and realistically into some of the OG's: healthy diet, regular exercise, stress management, good sleep, avoiding triggers, weight management, avoiding triggers, use of vaginal lubricants, and much more.

- **Alternative Therapies (Evidence Varies):** The effectiveness of these therapies for menopause symptoms is still being studied, and results are often mixed. The alternative therapies recommended by The Menopause Society, based on the current data, include use of **Clinical hypnosis, cognitive-behavioral therapy, and stellate ganglion blockade.**

The best non-hormonal therapy will vary from woman to woman based on your symptoms, medical history, preferences, and what works best for your body.

