

REASONS FOR HORMONE THERAPY:
NIGHT SWEATS, HOR FLUSHES, POOR SLEEP, DECREASED QUALITY OF LIFE



DO YOU NEED ANY TREATMENT AT ALL?
Have you tried: LYIFESTYLE CHANGES, NATURAL PRODUCTS, NON-HORMONE
ARE YOU UP TO DATE WITH YOUR TESTS?



VAGINAL DRYNES AND PAINFUL INTERCOURSE
TOPICAL OR VAGINAL ESTROGEN

SAFETY

HOW TO MAKE IT WORK?

ARE YOU AT THE WINDOW OF OPPORTUNITY?
AGE LESS THAN 60, LESS THAN 10 YEARS SINCE MENOPAUSE



ARE YOU ON THE RIGHT TYPE OF ESTROGEN?

BIOIDENTICAL VS NON-BIOIDENTICALS

YES

ARE THERE ANY MEDICAL CONDITIONS THAT MAKE HORMONE THERAPY TOO RISKY?



ROUTES OF ESTROGEN: ORAL VS TRANSDERMAL

DOSE OF ESTROGEN: GOLDILOCK APPROACH

NO

ARE YOUR RISKS FOR HEART DISEASE TOO HIGH? CALCULATE!!



TYPE OF PROGESTERONE: BIO-IDENTICAL
ROUTE OF PROGESTERONE: ORAL
DOSE OF PROGESTERONE: 100-200 MG

NO

ARE YOUR RISKS FOR BREAST CANCER TOO HIGH? CALCULATE!!



HOW LONG? 1 TO 5 YEARS (10-15% LONGER)
HOW TO STOP: TAPER DOWN

NO

ARE YOU TAKEN ADEQUATE DOSES OF PROGESTERONE?

WATCH FOR SIDE EFFECTS (BLEEDING)
MONTHLY EVALUATIONS UNTIL CORRECT DOSE
YEARLY EVALUATIONS THERE AFTER