

Hormone Therapy for Menopause



PARSEMUS
FOUNDATION

Hormone therapy can improve menopausal symptoms, but what about long-term health?

THE FACTS MAY SURPRISE YOU!

Alzheimer's Disease

- #5 cause of death in women
- Studies report that estrogen therapy decreases the risk of dementia by 45-70%
- Estrogen is the most effective preventive

Heart Disease

- #1 cause of death in women – 7X deadlier than breast cancer
- Estrogen decreases the risk by 40-50%

Diabetes

- #6 cause of death in women
- Hormone therapy decreases the risk by 19-35%

Colon Cancer

- Third most common cause of cancer death
- Hormone therapy decreases risk by 12-21%

Pulmonary Embolism

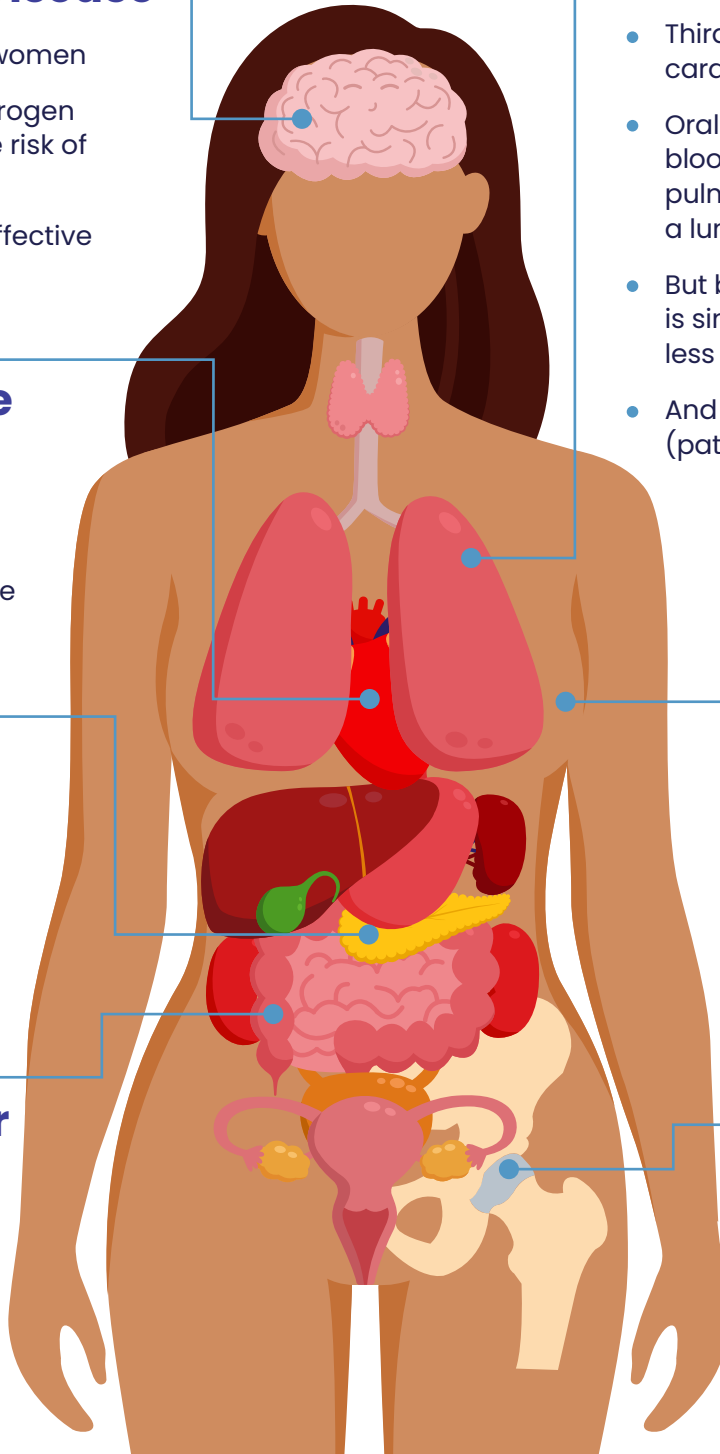
- Third most common cause of cardiovascular death
- Oral estrogen doubles the risk of blood clots in a vessel, such as pulmonary embolism (blockage of a lung artery)
- But blood clot risk from oral estrogen is similar to oral contraceptives and less than for normal pregnancy
- And newer transdermal estrogen (patch or cream) eliminates this risk

Breast Cancer

- #8 killer of women – 15% of cancer cases and 7% of cancer deaths
- 90% of breast cancers diagnosed can be cured
- Some estrogen plus progestin formulas may increase risk – but not estrogen therapy alone

Osteoporosis

- Over 20% of women with a hip fracture die within a year
- Estrogen therapy decreases hip fracture risk by 30-50%



Get the facts: parsemus.org/menopause