

Menopause & Hormones

www.fda.gov/menopause





Menopause and Hormones: Questions to Ask your Doctor

- Are hormones right for me? Why?
- What are the benefits?
- What are the serious risks and common side effects?
- How long should I use hormone therapy?
- What is the lowest dose that will work for me?
- Are there any non-hormone medicines that I can take?

REMEMBER—When using hormone therapy for menopause:

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

For more information about menopause and hormone therapy, visit: **www.fda.gov/menopause**

OFFICE OF WOMEN'S HEALTH
www.fda.gov/womens