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# Health Hints

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## Hormones: They Still Have A Role

(NAPSA)—Confused about hormone therapy? You're in good company. The large Women's Health Initiative (WHI) clinical trial created quite a stir when it unexpectedly found that the risks of menopause hormone therapy may outweigh the benefits.

As a result, many women (and their healthcare providers) now wonder whether they should consider hormone therapy.

To address this concern, The North American Menopause Society (NAMS) published new recommendations based on an in-depth review of the key hormone studies, including the WHI trial.

The report concludes that nothing works better than estrogen in relieving moderate to severe hot flashes, night sweats, and sleep disturbances due to hot flashes. For this use, estrogen pills or skin patches are the best choice. Estrogen is also an effective treatment for vaginal dryness and vaginal atrophy, a condition in which the lining of the vagina becomes less elastic. For vaginal symptoms alone, a vaginal estrogen product is the best to use.

Women who have not had a hysterectomy (removal of the uterus) need to use a progestogen with estrogen.

The NAMS report also addresses other hormone-related issues, such as its role in preventing the bone-thinning disease of osteoporosis and estrogen's association with breast cancer.

You can view the full report at [www.menopause.org](http://www.menopause.org).



**Ongoing information about hormones is available by subscribing to a free e-mailed newsletter at [www.menopause.org/newsletter](http://www.menopause.org/newsletter).**

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As with any therapy, the decision regarding hormone use should be made between the woman and her healthcare provider. The potential benefits and risks should be reviewed, along with alternative options, including doing nothing at all.

Although use of hormone therapy is typically recommended at the lowest dose for the shortest time, long-term use can still be indicated in certain circumstances.

NAMS is North America's leading nonprofit organization dedicated to promoting women's health during midlife and beyond through an understanding of menopause.

To help make informed decisions, NAMS offers a variety of educational materials, including a monthly newsletter that is e-mailed free to those who subscribe ([www.menopause.org/newsletter](http://www.menopause.org/newsletter)).