



WOMEN'S HEALTH

Know Your Hormone Replacement Therapy Options

(NAPSA)—Plant or animal sources? That's a question many women don't even know to ask when discussing hormone replacement therapy (HRT) with their doctor.

According to a recent survey of approximately 600 menopausal women, a large percentage of respondents currently taking HRT say they would prefer to take a plant-based product.

Yet the most frequently prescribed hormone replacement therapy—Premarin (conjugated estrogens tablets, USP) is derived from the urine of pregnant horses. Forty-seven percent of Premarin users said that they were not aware of this.

“Physicians prescribe the product they think will be the most effective for that particular patient. With so many products available on the market, both the physician and the patient share the responsibility to discuss the various options,” said Dr. Robert Zurawin, assistant professor of Obstetrics and Gynecology at Baylor College of Medicine. “Among the options that women need to be aware of are plant-based HRT products, such as CENESTIN. CENESTIN is a safe, effective alternative to animal-derived hormones.”

CENESTIN® (synthetic conjugated estrogens, A) is used to control hot flashes, a common symptom of menopause, and is the only plant-based, slow-release conju-



If given a choice, many women would prefer to have hormone replacement therapy from a plant-based source.

gated estrogen product available.

In addition to being unaware of the derivation of HRT treatments, two thirds of current users say that they were not given a choice of therapies.

Further, 82 percent of those who stopped taking HRT say they did not discuss HRT options with their physicians when they were given a prescription for HRT. And nearly all (91 percent) of those who stopped HRT report that they were not given a choice of therapies.

“Physicians must understand that many women, especially older patients, do not think it is appropriate to question their doctors. Therefore, it is imperative that physicians make an effort to initiate discussions about various HRT options,” said Dr. Zurawin.