



Video Summary Sheet

YourGynNP.com Presents: the Menopause and Hormones Library

Hormone Replacement: Pros and Cons... Risks and Benefits

Women have many questions about hormone replacement therapy, or “HRT”.

Be better prepared to discuss HRT (with your Gynecology Provider: Let’s review the science and the facts...

Before we proceed, you need to know...

- Why are some women prescribed only estrogen?
- Why are other women prescribed estrogen *plus* progesterone or progestin (a synthetic progesterone)?

Answer:

- If taken alone when in menopause, estrogen often causes cancer of the uterine lining (endometrial cancer)
- Combining progesterone with estrogen prevents this increased cancer risk. In fact, it prevents endometrial cancer so well, that **women with a uterus who are on E+P have less endometrial cancer than women taking no hormones at all!**

What if I’ve had a hysterectomy?

If you’ve had your uterus removed: estrogen should be taken *without* progesterone because:

- There is no uterine lining to protect from cancer.
- If you do not have your uterus, then *progesterone definitely has far more risks than benefits.*

Take-Home Message:

Estrogen alone has fewer risks than Estrogen plus Progesterone!

Read on!

Here are the 5 benefits of menopausal estrogen replacement

Estrogen helps to prevent:

- Night sweats and hot flashes
- Osteoporosis
- Vaginal dryness / painful sex
- Urinary frequency and urgency
- Frequent bladder infections

Here is the ONE benefit of taking progesterone (or progestin: a synthetic progesterone)

- Strongly decreases risk of endometrial cancer in those women with a uterus who are on estrogen

Bonus benefit of Estrogen replacement:

Improvement of peri-menopausal “brain fog” and/or irritability.

- Good News: This symptom resolves in 1 or 2 years even without estrogen replacement, and is only experienced in relatively few women.
- Bad News: This is not one of the approved reasons to prescribe estrogen

Here are 7 increased risks of Estrogen plus Progesterone (E+P)

- Breast cancer after 3-5 years use
- Stroke after 5 years of use
- Blood clots if Estrogen is taken orally
- Poorer survival of lung cancer, which is not the same as higher risk of getting lung cancer
- Decreased Memory if over age 65
- Ovarian cancer: small increased risk after 10 years
- Heart disease/heart attack if
 - HRT is started 10 or more years post menopause... or...
 - If heart disease, stroke, or diabetes was already present when HRT was started

**What if I've had a hysterectomy and am taking Estrogen alone?
Then you will be happy to know that...**

- Estrogen alone has less risk than taking estrogen plus progesterone (E+P)
- Keep in mind that Estrogen alone does still have more risks than not taking any estrogen at all!
 - Estrogen alone has less risk of heart disease than E+P
 - Estrogen alone does not increase risk of memory problems as does E+P
 - Estrogen alone has less stroke risk than E+P
 - Estrogen alone has little increased risk of breast cancer compared to E+P

Important! About estrogen and blood clot risk:

- Estrogen taken orally has an increased risk of blood clots
- Estrogen taken in relatively low doses *topically* (through the skin) or *vaginally*, does *not* have a significant increase in blood clot risk

Safety Reminder:

- Never use Estrogen without Progesterone if you still have your uterus!
- This causes significant risk of developing cancer of the uterine lining.

Print out this sheet and bring it with you to discuss with your gynecologist.

The *Hormone Series* Video Library includes these other titles with printable summaries:

- Bioidentical Hormones: Myths and Facts
- Compounded Hormones: Safe or Scam
- 7 Ways to take Estrogen...Which is Best? (Pills, Patches, Creams, Rings, Mists, Pellets, Gels, Injections)
- 5 Hormone Replacement Safety Facts
- Hormone Replacement Therapy: Pros and Cons, Risks and Benefits

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- **PMS**
- **Birth Control Challenges**
- **Hormone Replacement**
- **And more!**



About Chris Jones, YourGynNP

Hi, I'm Chris Jones, Women's Health Care Nurse Practitioner, and my passion is providing you with practical women's health guidance and easy-to-use, self-help resources. This passion is the driving force behind bringing resources and knowledge to you via YourGynNP.com, including videos, printable video summaries, and your HRT Decision-Making Flowchart