



Here is a counselling tool you may use when initiating MHT in appropriately selected women:

- Menopausal Hormone Therapy (MHT) will likely be effective for your hot flashes and/or night sweats
 - Effects may take up to 4-8 weeks to work depending on dosage
 - We may need to adjust dosages
- MHT will provide bone protection to prevent osteoporosis while you are taking it
- You may also derive some benefit to symptoms of GSM such as vaginal dryness, urinary frequency or recurrent urinary tract infections
 - Depending on dose, we may need to add in additional treatments that act locally on the vaginal and urinary tissues
- You may also benefit with respect to joint pains, mood, sleep and quality of life
- The effect on libido is unpredictable
- There are some risks to consider:
 - There is a small “rare” increased risk of breast cancer (1/1000 women for EPT) after approximately 5 years of treatment
 - This risk may change based on product and regimen we choose
 - This risk is similar to that caused by 1-2 alcoholic drinks a day or being overweight/obese
 - Although more cases of breast cancer have been observed, the data indicates no increase in the # of deaths from breast cancer
 - There is an increased risk of blood clots in the first 1-2 years of treatment: the risk is about 1/1000 women
- When initiating MHT in women your age, MHT is safe for the heart and there is no appreciable increase in stroke risk or dementia
- Most MHT regimens are weight neutral, however weight gain is a normal effect of aging, so optimize your diet and exercise
- Common side effects include breast tenderness, bloating and mild headaches which usually settle within a few weeks
- With cyclic regimens you may see a small withdrawal bleed, and some unexpected bleeding or spotting may occur with any regimen for the first 3-6 months.
- As VMS may last anywhere from 5-10 years or more, we will review and revisit indications for treatment annually