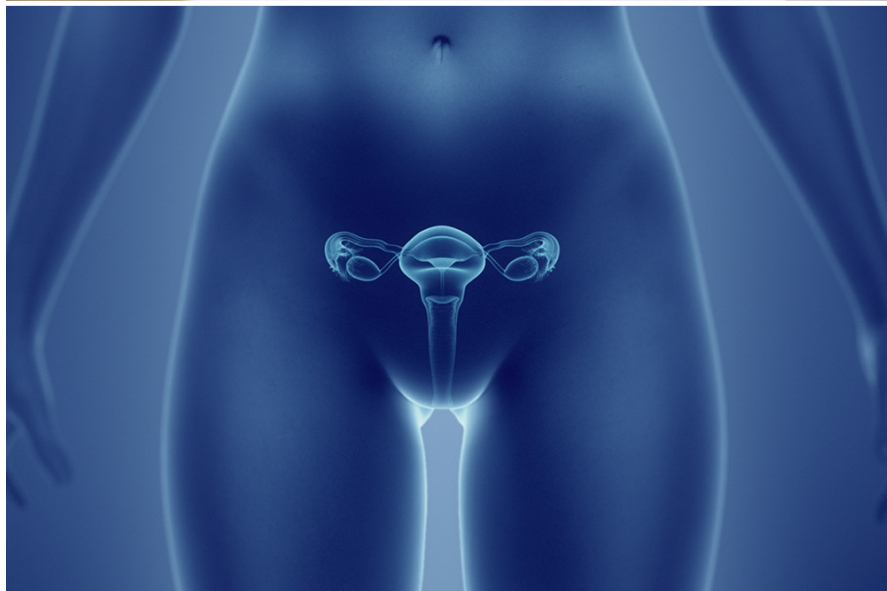
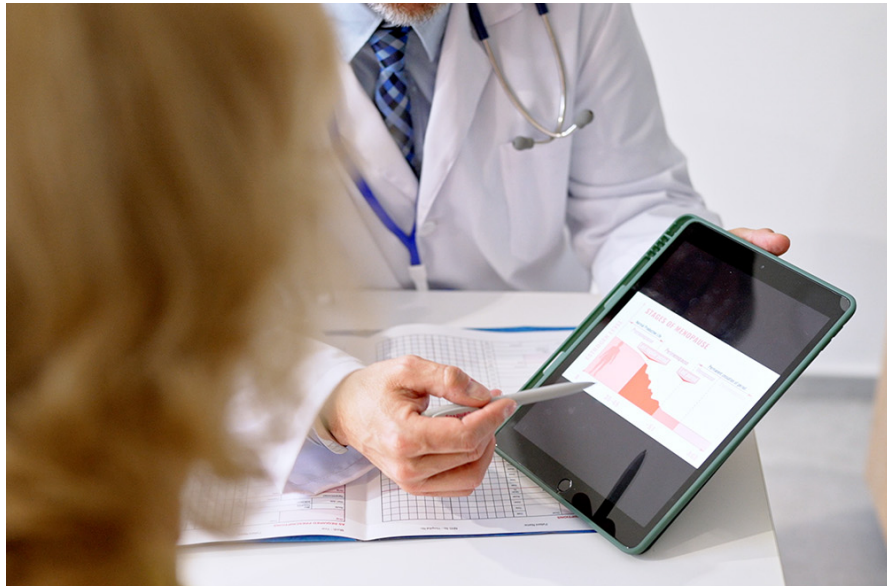




## Hormone Therapy for Menopause



### Overview

This therapy treats the symptoms of menopause. It boosts the levels of one or more of the hormones that lessen as you reach menopause. Your specific treatment depends on whether you still have a uterus. That's your womb.

### How does it work?

How does it work? We may give you estrogen. Or, we may give you both estrogen and a progesterone-like medicine. These hormones are known for their roles in your reproductive health. But they also affect other body processes.

### How do I get the hormones?

How do I get the hormones? You can take them in several ways. You can take pills by mouth. You could use a cream, a patch or a spray that sends hormones through your skin. You could insert a hormone ring, cream or tablet into your vagina. The delivery method depends on your needs.

### What will this therapy do for me?

What will this therapy do for me? It can treat a wide range of symptoms. These include things like hot and cold flashes, vaginal dryness and sleep issues. It can help mood swings, depression and other issues. It may help lower your risk for a type of bone loss called "osteoporosis." Ask your healthcare provider for a full list of ways you may benefit from this therapy.

### Conclusion

Your provider will talk with you about your expectations and goals. They'll help you find the right mix of hormones for your needs.