Thinking about hormone therapy? Here are 3 things every woman should consider first. ? Transcript

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Goals for Starting Hormone Therapy

three things that every woman needs to think about before starting hormone therapy. Number one is what are your goals with the hormone? Estrogen and progesterone replacement therapy can help with night sweats, hot flashes, sleep quality, mood, and energy, but has not yet been proven to help weight loss, skin texture, or hair loss.

So think why you want to start hormone and see if it aligns with your symptoms.

Best Timing to Begin Hormones

Number two is thinking about when to start hormone therapy. The key time is within the first three years of menopause if you're looking to use hormone to protect your bones, your brain and your heart.

However, if your past those first 3 years and still under the age of 60, systemic hormone can still be appropriate for you to manage hot flashes and night sweats.

Choosing the Right Form of Hormone Therapy

The third thing to consider is the form of hormone therapy. So if you're over the age of 60 or 65 and still having symptoms of vaginal dryness and urinary tract infections, you want to look at locally applied hormone and not systemic hormone.