

# Menopause & Hormones

[www.fda.gov/menopause](http://www.fda.gov/menopause)





# Menopause and Hormones: Questions to Ask your Doctor

- Are hormones right for me? Why?
- What are the benefits?
- What are the serious risks and common side effects?
- How long should I use hormone therapy?
- What is the lowest dose that will work for me?
- Are there any non-hormone medicines that I can take?

## **REMEMBER—When using hormone therapy for menopause:**

- Use at the lowest dose that helps.
- Use for the shortest time needed.

For more information about menopause, hormone therapy, and bioidenticals, visit: [www.fda.gov/menopause](http://www.fda.gov/menopause)



**Office of  
Women's  
Health**