Menopause Treatment: Making a Decision That’s Right for You.
Get the Facts About Hormone Therapy and the Risk of Breast Cancer

For every 1,000 women in the Women’s Health Initiative Study

3.3 cases of invasive breast cancer occurred
in women taking placebo

4.1 cases of invasive breast cancer occurred
in women taking estrogen-plus-progestin (HT)

During a 1-year period, for every 1,000 women on HT, approximately
0.8 additional cases of breast cancer occurred compared with those not on HT.*

*Based on annualized percentages for the total number of events in each treatment group over 5.6 years.

Decisions about HT must be based on your individual treatment goals and risks.

Making a Decision That’s Right for You

- HT can help relieve your hot flashes, night sweats, and vaginal dryness
- HT also helps protect against bone loss that can lead to postmenopausal osteoporosis
- Your benefit/risk assessment can differ depending on your age and time since menopause

- Benefits and risks of therapy, as well as severity of symptoms and personal and family history, should be taken into account
- Take the lowest effective dose for the appropriate time that is consistent with your treatment goals and risks
- Meet with your health care professional regularly to reevaluate your need for treatment, as goals and risks may change over time

Important Safety Information About Hormone Therapy

Hormone therapy isn’t right for all women, and it doesn’t prevent heart disease or dementia. Hormone therapy may increase your chance of heart attack, stroke, breast cancer, or blood clots, and should be taken at the lowest effective dose for the shortest time based on your goals and risks. If you have a uterus, estrogens increase the risk of uterine cancer. Adding a progestin greatly reduces this risk. The use of estrogens and progestins should be reevaluated regularly with your health care professional. If you’re not having symptoms, non-estrogen treatments should be considered before starting therapy to prevent bone loss.


December 2006

122947-01