Curious About Hormone Treatment?

Find the answers to frequently asked questions about hormone therapy

What is hormone therapy (HT)?

Hormone therapy (HT) is a prescription treatment that replaces hormones — mainly estrogen and progesterone — the body stops making during menopause.

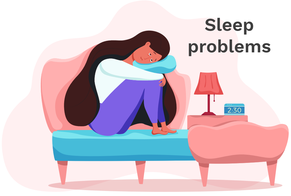
People with a uterus use a combination of estrogen and progesterone, because progesterone helps protect against uterine cancer.

Women without a uterus can use estrogen-only HT.

HT comes as a:

What does HT do?

HT helps reduce symptoms of menopause caused by lower estrogen levels, such as:



HT also helps protect against osteoporosis, a condition that causes bones to become weak and brittle.

Is HT safe?

HT is safe for many women if they are under 60 and within 10 years of menopause. There are some risks, but the benefits often outweigh the risks. Women over 60 should switch to a topical or transdermal form of HT.

Talk to your healthcare provider to find out if you are a candidate for HT.

What are some benefits of HT?

Besides easing menopause symptoms, HT offers some big health benefits:

May lower risk of heart disease when used within 10 years of starting menopause

Can protect the brain, clearing up “brain fog” and **preventing Alzheimer’s disease**

Is HT right for you?

No matter where you are in your menopausal journey, it’s worth talking to your HCP about HT. They can help you decide if, when and how to use HT.

Find an HCP who’s up to date on HT

If your HCP isn’t up to date on the possible benefits of HT or simply refuses to discuss it, find a Certified Menopause Practitioner near you on the **North American Menopause Society** website.

This resource was created with support from Alora.

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