



Women's Mid-Life Health Centre of Saskatchewan

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Frequently Asked Questions



How Long Should I Stay on Hormone Therapy?

The current recommendation of the North American Menopause Society is that HT be used for as short a time as necessary to control hot flashes (vasomotor symptoms), sleep disturbance, vaginal dryness, painful intercourse, and vaginal aging.

The goal of HT is to use the least amount of estrogen (with or without progesterone) to reduce your symptoms. The dose and how long it is taken will depend on each woman's risks, benefits and her response to the therapy. Determining the most appropriate dose may take some time and should be evaluated regularly until you find the right dose for you. Once that is found, it is recommended that you review your HT with your doctor every year at your annual physical.

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