



Women's Mid-Life Health Centre of Saskatchewan

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Frequently Asked Questions



How do I Stop Taking Hormone Therapy?

This should be done in consultation with your doctor. The recommended way to stop taking your estrogen is by gradually tapering over several months.

If you start getting increased hot flashes or night sweats while you are lowering your dose of estrogen, go back up to the level of estrogen at which hot flashes were totally gone. Maintain that dose for several weeks longer before beginning to gradually reduce the dose again.

To see outlines of sample patterns of tapering off HT, go to Dr. Jerilynn Prior MD's website at www.cemcor.ubc.ca/help_yourself/articles/stopping_estrogen.

Dr. Prior is the Scientific Director for The Centre for Menstrual Cycle and Ovulation Research at the University of British Columbia.

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