

Medicines To Help You



Menopause

Some women choose to treat their menopause symptoms with hormone medicines. This booklet lists some basic information about the FDA-approved hormone medicines for menopause. Use this booklet to help you talk to your healthcare provider about whether hormone medicines are right for you.

Learn more about menopause at: www.fda.gov/menopause



Menopause (sometimes called “the change of life”) is a normal time in a woman’s life when her period stops. During menopause, a woman’s body makes less of the hormones estrogen and progesterone. Lower hormone levels may lead to symptoms like night sweats, hot flashes, and vaginal dryness along with thin bones.

Some women choose to treat their menopause symptoms with hormone medicines sometimes called Hormone Therapy. There are different types of hormone medicines used during and after menopause:

- Estrogen-Only Medicines
- Progestin-Only Medicines
- Combination Estrogen and Progestin Medicines
- Combination Estrogen and Other Medicines

This booklet does not talk about non-hormone medicines for menopause. Ask your healthcare provider about the FDA-approved non-hormone medicine for menopause called Brisdelle (paroxetine).

Side Effects

Hormone medicines can have side effects. Serious health problems can happen in women who take menopause hormone therapy.

- For some women, hormone medicines may raise their chances of blood clots, heart attacks, strokes and breast cancer.
- For some women who are 65 years old or older, hormone medicines may raise their chances of dementia.
- For women who still have their uterus, taking estrogen-only medicines raises their chance of getting cancer of the lining of the uterus or endometrial cancer. These women need to take progestin to prevent endometrial cancer.

This booklet does not list all of the side effects and warnings for each hormone medicine. Ask your healthcare provider about all of the benefits and risks of taking hormone medicines. Also check the FDA website to learn more about each medicine listed in this booklet.

<http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Do not take hormone therapy if you:

- have problems with vaginal bleeding
- have or have had certain cancers such as breast cancer or uterine cancer
- have or have had a blood clot, stroke or heart attack
- have a bleeding disorder
- have liver disease
- have allergic reactions to hormone medicine

Estrogen-Only Medicine

Brand Name	Generic Name	Product Type
Alora	Estradiol	Patch
Cenestin	Synthetic Conjugated Estrogens	Pill
Climara	Estradiol	Patch
Delestrogen	Estradiol Valerate	Injection (Shot)
Divigel	Estradiol	Gel
Elestrin	Estradiol	Gel
Enjuvia	Synthetic Conjugated Estrogens	Pill
Esclim	Estradiol	Patch
Estrace	Estradiol	Pill, Vaginal Cream
Estraderm	Estradiol	Patch
Estrasorb	Estradiol	Skin Cream (Emulsion)
Estring	Estradiol	Vaginal Insert
EstroGel	Estradiol	Gel
Evamist	Estradiol	Skin Spray (Transdermal)
Femring	Estradiol Acetate	Vaginal Ring
Femtrace	Estradiol Acetate	Pill
Menest	Esterified Estrogen	Pill
Menostar (only used to prevent osteoporosis)	Estradiol	Patch
Minivelle	Estradiol	Patch
Ogen	Estropipate	Pill, Vaginal Cream
Ortho-Est	Estropipate	Pill
Osphena (not estrogen only)	Ospemifene	Pill
Premarin	Conjugated Estrogens	Pill, Vaginal Cream, Injection (Shot)
Vagifem	Estradiol	Vaginal Tablet
Vivelle	Estradiol	Patch
Vivelle-Dot	Estradiol	Patch

Estrogen-Only Medicines

Do not use if you:

- have unusual vaginal bleeding
- have or have had certain cancers such as breast cancer or uterine cancer
- have or have had blood clots in the legs or lungs
- have a bleeding disorder
- have had a stroke or heart attack
- have liver problems
- have serious reactions to estrogen medicines
- think you are pregnant

Serious Side Effects

- Stroke or blood clots
- Endometrial cancer in women who still have their uterus and who do not use progestin with estrogen-only medicines
- Dementia in women 65 years and older
- Gallbladder disease or high triglyceride (cholesterol) levels that could lead to problems with your pancreas
- Vision loss caused by a blood clot in the eye
- Liver problems
- High blood pressure
- Severe allergic reactions

Less Serious, Common Side Effects

- Headaches
- Painful or tender breasts
- Vaginal spotting
- Stomach cramps/bloating
- Nausea and vomiting
- Hair loss
- Fluid retention
- Vaginal yeast infection

For more information about the risks and side effects for each drug, check Drugs@FDA: <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Progestin-Only Medicines

Brand Name	Generic Name	Product Type
Prometrium	Micronized Progesterone	Pill
Provera	Medroxyprogesterone Acetate	Pill

Progestin-Only Medicines

Estrogen-Only medicines are usually taken with Progestin-Only medicines to lower the chance of getting endometrial cancer in women who still have their uterus.

The side effects listed below are for women who take a Progestin-Only medicine and an Estrogen-Only medicine.

Do not use if you:

- have unusual vaginal bleeding
- have or have had certain cancers such as breast cancer or uterine cancer
- have or have had blood clots in the legs or lungs
- have a bleeding disorder
- have had a stroke or heart attack
- have liver problems
- have serious reactions to estrogen medicines
- think you are pregnant

Serious Side Effects

- Heart attack or stroke
- Blood clots
- Breast cancer
- Dementia in women 65 years and older
- Gallbladder disease or high triglyceride (cholesterol) levels that could lead to problems with your pancreas
- Vision loss caused by a blood clot in the eye
- Liver problems
- High blood pressure
- Severe allergic reactions

Less Serious, Common Side Effects

- Headaches
- Painful or tender breasts
- Vaginal spotting
- Stomach cramps/bloating
- Nausea and vomiting
- Hair loss
- Fluid retention
- Vaginal yeast infection

For more information about the risks and side effects for each drug, check Drugs@FDA: <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Combination Estrogen and Progestin Medicines

Brand Name	Generic Name	Product Type
Activella	Estradiol/ Norethindrone Acetate	Pill
Angeliq	Estradiol/Drospirenone	Pill
Climara Pro	Estradiol/ Levonorgestrel	Patch
Combipatch	Estradiol/ Norethindrone Acetate	Patch
Femhrt	Norethindrone Acetate/ Ethinyl Estradiol	Pill
Prefest	Estradiol/Norgestimate	Pill
Prempro	Conjugated Estrogen/ Medroxyprogesterone	Pill

Combination Estrogen and Progestin Medicines

Do not use if you:

- have unusual vaginal bleeding
- have or have had certain cancers such as breast cancer or uterine cancer
- have or have had blood clots in the legs or lungs
- have a bleeding disorder
- have had a stroke or heart attack
- have liver problems
- have serious reactions to estrogen medicines
- think you are pregnant

Serious Side Effects

- Heart attack or stroke
- Blood clots
- Breast cancer
- Dementia in women 65 years and older
- Gallbladder disease or high triglyceride (cholesterol) levels that could lead to problems with your pancreas
- Vision loss caused by a blood clot in the eye
- Liver problems
- High blood pressure
- Severe allergic reactions

Less Serious, Common Side Effects

- Headaches
- Painful or tender breasts
- Vaginal spotting
- Stomach cramps/bloating
- Nausea and vomiting
- Hair loss
- Fluid retention
- Vaginal yeast infection

For more information about the risks and side effects for each drug, check Drugs@FDA: <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Combination Estrogen and Other Medicines

Brand Name	Generic Name	Product Type
Duavee	Conjugated Estrogen/ Bazedoxifene	Pill

You should not use Duavee if you are taking medicines that have estrogen, progestin or both hormones.

Do not use if you:

- have unusual vaginal bleeding
- have or have had certain cancers such as breast cancer or uterine cancer
- have or have had blood clots in the legs or lungs
- have a bleeding disorder
- have had a stroke or heart attack
- have liver problems
- have had a serious allergic reaction to estrogen medicines
- think you are pregnant or may become pregnant
- are breastfeeding (nursing)

Serious Side Effects

- Stroke or blood clots
- Dementia in women 65 years and older
- Gallbladder disease or high triglyceride (cholesterol) levels that could lead to problems with your pancreas
- Vision loss caused by a blood clot in the eye
- Liver problems
- High blood pressure
- Severe allergic reaction

Less Serious, Common Side Effects

- Muscle spasms
- Nausea
- Diarrhea
- Upset stomach/stomach pain
- Throat pain
- Dizziness
- Neck Pain

For more information about the risks and side effects for each drug, check Drugs@FDA: <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Important Questions to Ask about Menopause Hormone Medicines

■ 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?

Learn more about menopause: www.fda.gov/menopause



**Office of
Women's
Health**

www.fda.gov/womens

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