

# MENOPAUSE TREATMENT OPTIONS

Menopause is a natural biological process marking the end of a woman's menstrual cycles—usually diagnosed after 1 year without a menstrual period. During this time, the body makes less female hormones (estrogen and progesterone) which can cause mild to severe symptoms including hot flashes, night sweats, vaginal dryness, and sleep disturbances, among others.

Not all menopause symptoms require treatment and some may go away over time. However, if menopause symptoms are severely impacting your daily life, your healthcare provider can help create a treatment plan that works best for you.



## HORMONAL TREATMENT OPTIONS

### MENOPAUSAL HORMONE THERAPY (MHT)

MHT is the most effective option to address moderate to severe menopausal symptoms. It involves the administration of estrogen and, in some cases, progesterone if you have a uterus, to counteract the decline in hormone levels during menopause.

#### Benefits of MHT:

- Relieves hot flashes/night sweats
- Improves sleep
- Relieves vaginal dryness and thinning
- Keeps bones strong by reducing risk of osteoporosis and fractures

#### Possible Side Effects of MHT:

- Slight increase risk of blood clots and stroke
- Slight increase risk of breast if used for more than 4-5 years
- Breast tenderness
- Unexpected vaginal bleeding/spotting
- Increase risk of dementia if started after age 65

### VAGINAL ESTROGEN

Low-dose estrogen is used to treat vaginal dryness, discomfort during intercourse, and some urinary symptoms. It may come in the form of creams, tablets, or rings and works by delivering small amounts of estrogen directly into the vagina, helping to keep the tissue thick and moisturized.

## NON-HORMONAL TREATMENTS

### SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIS)

SSRIs are a type of non-hormonal medication which can help decrease menopausal hot flashes, mood swings, and sleep issues, but it may increase risk of gastrointestinal issues.

### GABAPENTIN

This medication can reduce menopausal hot flashes and night sweats as well as help with pain and migraines. However, it may lead to increased drowsiness.

### FEZOLINETANT (VEOZAH)

A new medication that has been approved by the FDA to reduce hot flashes and night sweats from menopause. Requires regular blood tests to check liver function.

### REGARDING ALTERNATIVE MEDICATIONS AND THERAPIES:

While there are alternative therapies that can help you cope with menopause symptoms, it is important to talk with your healthcare provider(s) about the safety and effectiveness of these options.



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