



HRT FOR MENOPAUSE

# How safe, how effective is it?

What the evidence says about your symptoms, heart, bones,  
and breast cancer risk.

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FIRST, IT WORKS

90%

**Up to 90% fewer hot flashes and night sweats.**

HRT is the single most effective treatment for menopause symptoms. Nothing else comes close.

## TIMING IS EVERYTHING



# When you start matters more than almost anything.

Starting within about 10 years of menopause, usually before age 60, is the window where the benefits are strong and the risks stay low.

## YOUR HEART



# Start early and heart risk does not go up.

Women who begin in that early window show no rise in heart disease, and possibly live longer. Starting much later, in your 70s, is where risk can climb.

## YOUR BONES



**It keeps your bones stronger.**

HRT preserves bone density and lowers the risk of fractures, including the hip, for as long as you take it.

## THE BREAST CANCER QUESTION



### **A small, honest increase in risk.**

Combined estrogen and progestogen HRT adds roughly 1 extra case per 1,000 women per year. Estrogen only, and vaginal estrogen, carry lower or no added risk.

## THE TYPE MATTERS



**Patches and gels are gentler on clot risk than pills.**

Estrogen through the skin is not linked to the small clot risk that some pills can carry. The right type, dose and timing are chosen for you.

## THE BOTTOM LINE



# Right woman, right time: safe and effective.

HRT is not one size fits all. Started early and tailored with a doctor, the benefits are real and the risks are manageable.

*Educational only. Not medical advice. HRT is a prescription treatment; speak with a doctor.*

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