

HRT Decision Guide

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Questions to Ask Your Doctor:

1. Am I a good candidate for HRT?
2. What type of HRT do you recommend and why?
3. What are MY specific risks based on my health history?
4. How long should I take HRT?
5. What side effects should I watch for?
6. What are the non-hormonal alternatives?

Consider HRT if you have:

- Moderate to severe hot flashes/night sweats
- Early menopause before age 45
- Significant quality of life impact
- High osteoporosis risk

This is YOUR decision. No doctor should pressure you.