

Should I Try Hormone Therapy?

A Personal Decision Guide for Women in Menopause
Created by Menolux Health & Wellness Coaching & Consultancy
Let's Normalize Menopause



What is Hormone Therapy?

Hormone Therapy (HT) can help manage:

- Hot flashes
- Night sweats
- Mood changes
- Sleep issues
- Vaginal dryness
- Bone loss
- Brain fog & fatigue

Always discuss your health history with a trusted provider before starting HT or BHRT.

NOTES:

Pros and Cons of Hormone Therapy

Pros:

- Effective symptom relief
- Supports mood, sleep, vaginal health, bone strength, and brain clarity
- Can be life-changing for many women

Cons / Considerations:

- Not suitable for everyone (e.g. certain cancers, clot risk)
- Requires regular check-ins with a provider
- Insurance coverage may vary
- Can be confusing without proper guidance

NOTES:

Self-Assessment Questions

☐ Are my symptoms significantly affecting my daily life?

☐ Have I tried lifestyle changes with limited results?

☐ Do I want to explore options that may bring quicker or more noticeable relief?

☐ Am I open to working with a menopause-informed provider?

☐ Do I understand the risks and benefits of hormone therapy?

Journaling Worksheet

Symptoms I'm currently experiencing:

What I've tried so far:

What concerns me most about HT:

Questions to Ask Your Doctor

- Are you experienced in treating menopause with hormone therapy?
- Based on my health history, am I a good candidate for HT or BHRT?
- What are the risks and benefits of HT for me?
- What type of hormone therapy do you recommend and why?
- How will we monitor my progress and adjust my treatment if needed?
- What are my non-hormonal options if I choose not to use HT?

NOTES:

How to Find a Menopause or HRT Specialist

- Look for providers who list 'menopause' or 'hormone therapy' as a specialty.
- Ask if they are trained in prescribing both traditional HRT and BHRT.
- Read reviews and testimonials—look for words like 'listened', 'supportive', and 'knowledgeable'.
- Consider telehealth options if you can't find someone locally.
- Organizations like The North American Menopause Society (NAMS) have directories of certified specialists.

NOTES:

A Note from Patrice Rolle

Whether you decide to try hormone therapy or not, I'm glad you're here and exploring your options.

Menopause is hard, it's challenging, but it brings wisdom, power, and possibility too.

You are not alone in this journey. You are supported. And whatever path you choose—you deserve to feel well, strong, and understood.

- Patrice Rolle, Founder of Menolux

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