

I would like to consider MHT

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As a patient, I am interested in exploring a prescription of menopausal hormone therapy (MHT). I have prepared the following information to guide our discussion.

I have completed the Hormone Therapy Decoded course to better understand the risks & benefits.
I want to learn more about the different medication options and what to expect in terms of my symptom relief and long-term health.

WHY I AM CONSIDERING MHT

I am experiencing symptoms such as:

I may be at higher risk of decreased wellbeing during perimenopause or midlife because:

My relevant chronic health conditions include:
[list conditions and how MHT might help].

OPTIONS I WOULD LIKE TO DISCUSS

- The contraceptive pill (eg Levlen, Noriday, Cerazette, Zoely, Slinda etc)
- Estrogen therapy (transdermal or oral)
- Body-identical progesterone (Utrogestan)
- Synthetic progestins (Provera, Norethisterone, Other)
- Mirena Intrauterine Device
- Other

SOME CONSIDERATIONS/RISKS

circle as appropriate

Migraine (with vs without aura)
Family history of breast cancer or personal history of breast cancer
Known benign breast disease
Previous blood clot
Current diabetes or high blood pressure
Other relevant factors: [add your notes]

OTHER RELEVANT FACTORS

Allergies:

Current medications/supplements:

Contraception needs:

Past responses to pills, Mirena, or prior MHT
eg what did or didn't suit you

My preferences

Despite the possible risks, I believe the potential benefits of MHT could outweigh the risks for me. I would like to have a detailed discussion about this, so we can make the best decision together.