

ADVANCED OBSTETRICS & GYNECOLOGY

“Comprehensive Healthcare for Women”

HORMONE THERAPY CONSENT FORM

1. Like any other medication, hormone replacement therapy has risks and benefits. You need to carefully consider whether on average the benefits exceed the risks for you and whether this is an appropriate form of therapy. The risks of hormone replacement therapy are particularly increased after five or more years of usage. Therefore, women who are having the most significant symptoms of menopause in the early stages of menopause can consider taking hormone replacement therapy for a limited number of years to help minimize symptoms.
2. The main benefit of hormone replacement therapy is the mitigation of menopausal symptoms. Hormone replacement therapy will help minimize hot flashes, night sweats, vaginal symptoms and many other symptoms of menopause. Other benefits of hormonal medication include: (1) improvement of menopausal skin changes, (2) maintain and/or improve bone density, which taken over a period of years can help prevent abnormal fractures related to osteoporosis, and possibly (3) protection from colon cancer.
3. Based on convincing scientific evidence, it seems that hormone replacement therapy can increase the risk of heart attack, stroke and dangerous blood clots in the lungs. When 10,000 women take hormone replacement therapy and are compared to 10,000 women who are not on hormone replacement therapy, on an annual basis there will be an excess of 7 heart attacks, 8 strokes and 18 blood clots in the legs/lungs. Hormone replacement therapy can increase the risk of breast cancer with an excess of 8 cases per 10,000 women using hormones per year. In addition, recent studies have suggested an increased risk of ovarian cancer in patients using estrogen for greater than 5-10 years.
4. The estrogen component of hormone replacement therapy provides all of the benefit to you. If you still have your uterus, it is important that you take a progesterone medication that will help to prevent the development of uterine cancer when you are taking estrogen.

5. Other infrequent risks with hormone replacement therapy include gallbladder disease, elevation of blood pressure and the increase in size of fibroids. Minor side effects that may occur include breast tenderness, gastrointestinal symptoms, skin rashes, intolerance of contact lenses and headaches.
6. Occasional spotting is common the first month or two you take hormone replacement therapy. If you have any bleeding whatsoever at any time beyond the first two months, it is imperative that you call the doctor and have testing to be certain that you do not have a precancer or cancer of the uterine lining.
7. Every woman should individually assess the benefits and risks of hormone replacement therapy to decide if it is an appropriate form of therapy to help improve the way you feel. Feel free to ask your physician any questions that you may have about hormone replacement therapy to see if this form of treatment is right for you.
8. If you do choose to take hormonal medications, it is recommended that you use that medication at the lowest possible dosage and for the shortest duration possible to minimize the associated risks.

Patient's Printed Name

Patient's Signature

Date