

## Estrogen: Menopause Stage and Potential Effects

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### DESCRIPTION

Women will respond in a variety of ways, from "Estrogen" saves life during menopause to hormone therapy which can cause breast cancer. It has been called as a preventative for heart disease and osteoporosis. Estrogen was first prescribed in 1942 to treat menopause symptoms; it has either been hailed or criticized as a breast cancer preventative at various times.

Because of this incorrect information, millions of women avoid or use estrogen with caution. Women now perceive using estrogen as a type of medical Russian roulette that may surely relieve their symptoms but also carry the risk of endangering their health or possibly their lives. Nothing is more untrue than hormone therapy being effective for the majority of women. The most significant medical decision a woman will ever make in her middle years is whether or not to take estrogen. The reason is because of taking estrogen will affect nearly every area of the body, including your skin, weight, breasts, brain, bones, bladder, mood, vagina, and libido, among other things. They run the danger of developing serious health conditions including osteoporosis, breast cancer, and dementia. Their choice will have an effect on the work performance as well as the sex life, mood, memory, skin, and weight management.

The shocking results of the initial Women's Health Initiative Study (WHI) were published in the American Medical Association journal and sparked a massive reaction. The first WHI trial examined the benefits and drawbacks of using prempo, a combination pill that contains both the estrogen, premarin and the synthetic progesterone provera (medroxy progesterone acetate-MPA). Since prempo was purportedly associated with an increased risk of breast cancer, heart attacks, blood clots, and stroke, the WHI was virtually cancelled. Every woman who was using estrogen at the time, in whatever form, knew that this combo drug was called estrogen.

Hormone Therapy (HT) is divided into two types:

**Estrogen therapy:** Estrogen is administered alone. Doctors frequently recommend a modest amount of estrogen to be taken daily as a tablet or patch. Estrogen can also be provided in the form of a cream, vaginal ring, gel, or spray.

**EPT (Estrogen, Progesterone, and Progestin Hormone Therapy):** This type of HT, also known as combination treatment, combines estrogen and progesterone dosages or progestin, a synthetic form of progesterone.

### Menopausal symptoms

Unfortunately, the medical literature and many healthcare professionals failed to distinguish between the benefits and risks of premarin versus Prempro or As a result, women were led to believe that using estrogen in any way was a losing proposition, even though the medication would likely help them with their menopausal symptoms but could potentially jeopardize their health. Most women approaching menopause will begin to experience a variety of vasomotor symptoms (VMS). The most prevalent is hot flashes, which are abrupt sensations of heat that spread throughout the upper body, sometimes accompanied by flushing and perspiration. These flashes can range from moderate to severe in most women.

They may have also noticed, Periods that are uneven or skipped, Dryness of the cervix, Breast pain, needing to pee more frequently, Sleeping problems, Emotional shifts, Skin, eyes, or dry mouth.

Later VMS frequently include symptoms like Depression and Fatigue, Crankiness, heart racing, Headaches, Aches and pains in the joints and muscles, gaining weight, Loss of hair, Libido fluctuations.

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