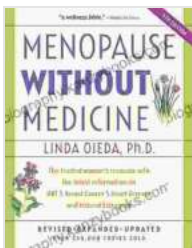


The Trusted Women's Resource with the Latest Information on HRT and Breast Cancer

If you're a woman over the age of 50, you've likely heard of hormone replacement therapy (HRT). HRT is a treatment that can help relieve the symptoms of menopause, such as hot flashes, night sweats, and vaginal dryness. It can also help prevent osteoporosis and reduce the risk of heart disease.



Menopause Without Medicine: The Trusted Women's Resource with the Latest Information on HRT, Breast Cancer, Heart Disease, and Natural Estrogens

by Linda Ojeda

★★★★☆ 4.3 out of 5

Language : English
File size : 3821 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 386 pages



However, HRT has also been linked to an increased risk of breast cancer. This risk is small, but it's important to be aware of it before you start taking HRT. The Trusted Women's Resource with the Latest Information on HRT and Breast Cancer can help you make an informed decision about HRT.

This book provides up-to-date information on the latest research on HRT and breast cancer. It also offers practical advice on how to reduce your risk of breast cancer while taking HRT. The Trusted Women's Resource with the Latest Information on HRT and Breast Cancer is the essential resource for women who are considering HRT.

What is HRT?

HRT is a treatment that replaces the hormones that your body stops producing during menopause. These hormones include estrogen and progesterone. Estrogen helps to relieve hot flashes, night sweats, and vaginal dryness. Progesterone helps to protect the uterus from cancer.

HRT is available in a variety of forms, including pills, patches, and gels. The type of HRT that is right for you will depend on your individual needs and preferences.

HRT and Breast Cancer

The link between HRT and breast cancer is complex. Some studies have shown that HRT can increase the risk of breast cancer, while other studies have shown no increased risk. The overall risk of breast cancer from HRT is small, but it's important to be aware of it before you start taking HRT.

The risk of breast cancer from HRT is highest in women who take HRT for more than 5 years. The risk is also higher in women who take higher doses of estrogen. Progesterone can help to reduce the risk of breast cancer from HRT, but it does not eliminate the risk.

How to Reduce Your Risk of Breast Cancer from HRT

If you're considering HRT, there are a few things you can do to reduce your risk of breast cancer:

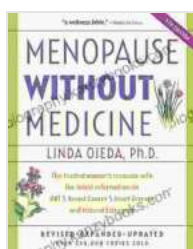
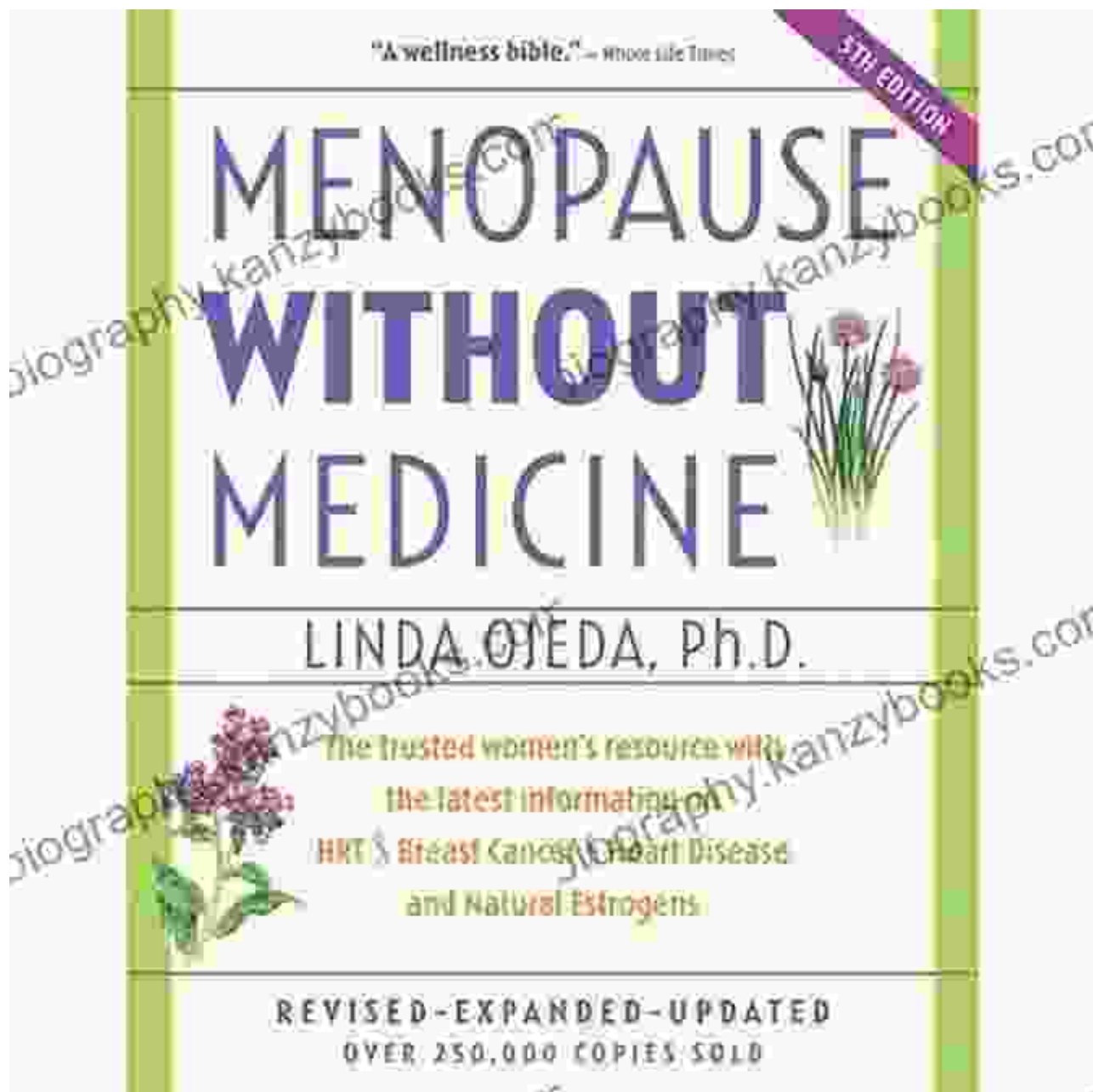
- Start HRT at the lowest dose possible.
- Take HRT for the shortest amount of time possible.
- Add progesterone to your HRT regimen.
- Get regular mammograms.

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The Trusted Women's Resource with the Latest Information on HRT and Breast Cancer is the essential resource for women who are considering HRT. This book provides up-to-date information on the latest research on HRT and breast cancer. It also offers practical advice on how to reduce your risk of breast cancer while taking HRT.

The Trusted Women's Resource with the Latest Information on HRT and Breast Cancer is a must-read for any woman who is considering HRT.

Free Download your copy today!



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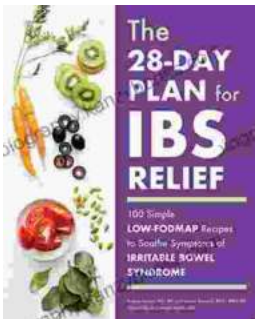
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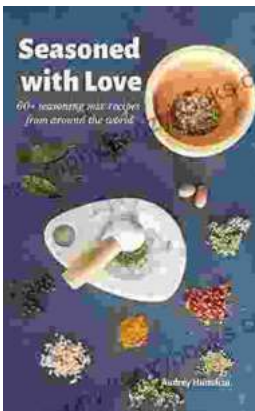
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