

## INFORMED CONSENT FOR HORMONE THERAPY

In the summer of 2002, the WHI (Women's Health Initiative) Study was released and has changed the understanding of hormone replacement therapy and its risks and benefits. The study involved a hormone replacement therapy named Prempro. Though other types and brands of hormone replacement therapy were not studied, experts reviewing the study have cautioned that there is no evidence that other forms of hormone replacement therapy do not have the same risks. The results of this study can be summarized in the table below:

	Number of cases per 10,000 women taking a placebo	Number of cases per 10,000 women taking Prempro	Difference per year per 10,000 women taking Prempro
Breast cancer	30	38	8 more cases per 10,000 had breast cancer
Heart attacks	30	37	7 more cases per 10,000 had heart attacks
Strokes	21	29	8 more cases per 10,000 had strokes
Blood clots	16	34	18 more cases per 10,000 had blood clots
Colorectal cancer	16	10	6 fewer cases per 10,000 had colorectal cancer
Hip fractures	15	10	5 fewer cases per 10,000 had hip fractures

If you decide to take hormone replacement therapy, we ask that you read the following and initial that you have read the associated information and understand it:

- Though hormone replacement therapy is the best treatment for hot flashes, it is recommended that it be used only for severe hot flashes that you feel justify the risks. If hormone replacement therapy is used for the treatment of hot flashes, it has been recommended by experts reviewing the WHI study, that it be used with the lowest effective dose for the shortest possible duration.  
(your initials \_\_\_\_\_)
- Hormone replacement therapy does not appear to prevent heart disease.  
(your initials \_\_\_\_\_)
- Hormone replacement therapy has been associated with an increased risk of heart attack, strokes, breast cancer, cancer of the uterus, and blood clots.  
(your initials \_\_\_\_\_)
- Though hormone replacement therapy may be effective in decreasing the risk of osteoporosis, there are other non-hormone treatments that do not have the same risks as hormone replacement therapy.  
(your initials \_\_\_\_\_)
- Though hormone replacement therapy may help relieve vaginal dryness, there are other treatments, including lubricants and vaginal hormone preparations, that are effective and do not have the same risks as hormone replacement therapy.  
(your initials \_\_\_\_\_)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date