



## current medication:

### What women should know about hormone replacement therapy and effective alternatives

Women experience the change (menopause), also called the menopause, between the ages of 45 and 55. The changes in the hormonal balance lead to physical and psychological symptoms in many women. Irregular bleeding, sudden hot flashes, sweating, sleep disorders and mood swings often occur.

This can result in an impairment of general well-being, including sexuality. The duration and intensity of the complaints vary. Many women suffer from a significant reduction in their quality of life.

The modification is a natural phase of female life and not every woman needs treatment. On the other hand, the complaints can take on such proportions, that treatment becomes inevitable. In this case, a significant improvement can be achieved with hormone replacement therapy and / or effective alternatives.

The decision for treatment can only be made depending on the individual complaints.

Bone density measurements and the following questionnaire today and as a control under your individual treatment give you information about the success of the treatment.

Symptoms	none 0	liht 1	moderate 2	strong 3	Multiplier
Flushes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Skin sensation disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nervousness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Depressive moods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Weakness / tiredness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Joint and muscle pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Headache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sexual problems (desire, activity, satisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Urinary problems (bladder weakness, infections)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vaginal dryness (discomfort during intercourse)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Rating</b> (<20=light, 20 - 35=moderate, >35=severe)					<b>Index:</b> _____

Special reasons for hormone replacement therapy and / or for effective supplements (herbal or homeopathic) even with physical well-being today:

- Improve your cholesterol and blood lipid levels
- Lower your risk of high blood pressure and heart attack, longer life expectancy
- Favorable development of your weight, your body fat distribution and your risk of developing adult diabetes
- Lower your risk of colon cancer
- Lower your risk of developing or progressing bladder weakness
- Reduce your risk of developing or progressing bone decalcification
- Maintaining your physical and mental performance, avoiding insomnia

We respect your wish not to take hormones or not to take them anymore

**Your specific reasons for hormone replacement therapy even with physical well-being today are or were:**

- ☒ Improve your cholesterol and blood lipid levels
- ☒ Lower your risk of high blood pressure and heart attack, longer life expectancy
- ☒ favorable development of your weight, your body fat distribution and your risk of developing adult diabetes
- ☒ Lower your risk of colon cancer
- ☒ Lower your risk of developing or progressing bladder weakness
- ☒ Reduce your risk of developing or progressing bone decalcification
- ☒ Maintaining your physical and mental performance, avoiding insomnia

**If you no longer wish to receive therapy with homons: please decide which effective alternatives you would like**

- ☐ Red clover isoflavones
- ☐ Cimifemin - Black cohosh root extract with reliable relief for hot flashes and other common ailments of alteration
- ☐ femiLoges - highly effective herbal medicines with a special extract from the Siberian rhubarb root
- ☐ Monk's pepper - Complaints of alteration, essentially prior to menstruation
- ☐ Rebalance - St. John's wort for depressed mood
- ☐ Ovaria Comp is a natural medicine from anthroposophic homeopathy
- ☐ Individual bioidentical hormone formulation - magistral formulation for collection in specialized pharmacies
  
- ☐ I don't want any therapy - we respect that too!