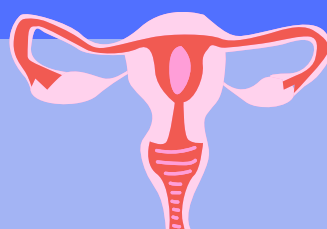


# WHAT IS HORMONE THERAPY REPLACEMENT (HRT)?



Hormone Replacement Therapy helps relieve menopausal symptoms like hot flashes, night sweats, mood swings, vaginal dryness, sleep issues, and bone thinning. It works by replacing hormones — estrogen and sometimes progesterone — that decrease during menopause.

## TYPES OF HRT



**Estrogen-only HRT**  
(for women with hysterectomy)



**Combined HRT**  
(estrogen + progestin, for women with uterus)

## COMMON HRT OPTIONS IN INDIA

**Tablets:**  
Premarin,  
Progynova,  
Duova, Estova



**Patches & Gels:**  
Estradiol patch,  
EstroGel



**Vaginal Therapy:** Evalon Cream, Vagifem Tablets



## BENEFITS OF HRT

- Reduces hot flashes & night sweats
- Improves sleep, mood & memory
- Supports vaginal & bladder health

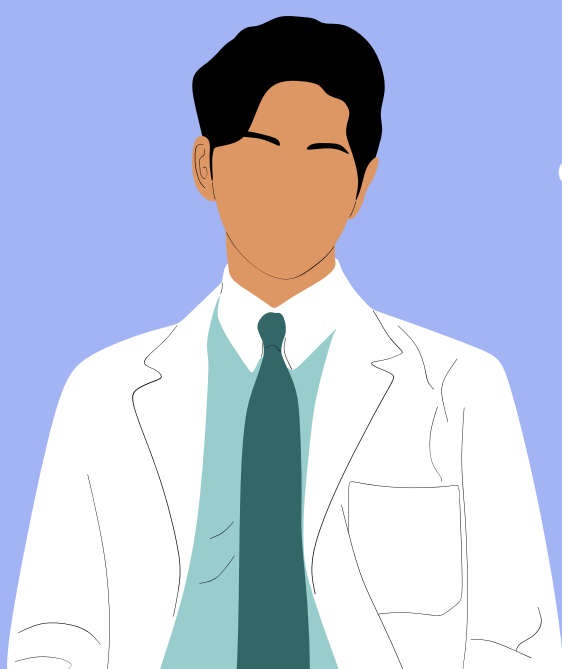


## RISKS AND PRECAUTIONS

**May increase risk of blood clots, stroke, or breast cancer**

**Risk varies with age/type/duration**

**Not suitable for everyone – personalized care needed**



**For more information about menopause, visit our website**

[www.lenest.in](http://www.lenest.in)

**Dr Mukesh Gupta  
OB/GYN .**