

As you approach midlife, hormone replacement therapy (HRT) may or may not be on your radar. But how do you know if it's a suitable option for you? These five key questions are your toolkit for empowered decision-making.

By asking these questions, you're opening a vital dialogue with your healthcare provider. Remember, your health journey is unique, and personalised care is essential. Don't hesitate to speak up, seek clarity, and advocate for your well-being.

Use these questions as a springboard for deeper discussions. They're designed to help you understand your options, weigh the benefits and risks, and make choices that align with your health goals.

- 1. What are the potential benefits and risks of HRT for me specifically?**
- 2. How might HRT affect my current symptoms and overall health?**
- 3. Are there any non-hormonal options we can consider?**
- 4. How long would I need to take HRT, and how will we monitor its effectiveness?**
- 5. What specific lifestyle modifications (e.g., diet, exercise, stress management) could enhance the effectiveness of HRT or serve as alternative strategies for managing my symptoms?**