

# DOES HORMONE REPLACEMENT THERAPY INCREASE MY CANCER RISK?



Hormone replacement therapy can be an effective treatment for menopausal symptoms, but it can increase your risk of breast, endometrium and ovary cancers. This increased risk is higher the longer hormone replacement therapy is used.

## What can I do?



Hormone replacement therapy increases the risk of certain cancers. Limit your use of hormone replacement therapy.



If possible, you should avoid or limit the use of hormone replacement therapy. If hormone replacement therapy is started, the treatment should be taken for the shortest time and at the lowest dose possible to control the symptoms of menopause.

## Tips to take action

- 1 Learn more about hormone replacement therapy and its potential benefits and harms.
- 2 Discuss the best option available to treat your menopausal symptoms with health care professionals.
- 3 Learn about alternative treatments for hormone replacement therapy.
- 4 Make an informed decision about your treatment.
- 5 Share your experiences about menopause with other women. This helps break the taboo and remind you that you are not alone.

This is one out of the 12 evidence-based recommendations in the European Code Against Cancer. For more information please visit: [cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways](https://cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways)



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