

## THE IMPACT OF HORMONAL THERAPY ON WOMEN'S HEALTH IN MENOPAUSE

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## **INTRODUCTION**

The reproductive phase in a woman's natural life ends with the onset of menopause, a stage of functional decline in female reproductive organs, such as the uterus and ovaries. Symptoms arising from menopause can cause different discomforts in each woman, and, therefore, hormone replacement techniques present themselves as important therapeutic possibilities. Although these hormonal therapies have existed for a long time, many women still have considerable doubts about the benefits and indications, safety of the drugs, and risks arising from possible treatments.

## **OBJECTIVE**

The present study aimed to review the scientific literature currently available regarding the impact of hormone therapy on the health of menopausal and postmenopausal women.

## **METHODOLOGY**

Review of scientific literature, carried out in the Scielo database, between 2013 and 2022, using the descriptors: hormonal therapy, women, menopause. The inclusion criteria were articles that address the impact of hormone therapy on the health of menopausal women and that are consistent with the objective of the study. The search totaled 12 articles and, based on the inclusion criteria, three articles were selected.

## **RESULT**

In the search to reduce the symptoms and effects of menopause, hormonal treatment can be beneficial and effective for those who have reached the end of their reproductive life, which is characterized by ovarian aging and is

measured by the date of the last menstruation, after a year has passed without such an event occur.

When it comes to hormone therapy, it is extremely important to talk about hormone replacement with estrogen. Hormone replacement therapy with estrogen has been shown to be effective in relieving vasomotor symptoms, such as hot flashes and night sweats, which are common during menopause, in addition to contributing to a better quality of life, helping with issues such as sleep and emotional health. Estrogen hormone replacement therapy can combat vaginal dryness, improving vaginal health and sexual function, and can also help prevent bone density loss and osteoporosis by helping maintain bone health. However, it is also important to consider potential contraindications, which may include: history of breast, endometrial or ovarian cancer, history of blood clots or thromboembolic diseases, serious liver disease, undiagnosed vaginal bleeding and hypersensitivity to hormone therapy components. Respecting the potential contraindications and indications, in general, it is clear that hormone replacement is not only beneficial, but must be treated as a logical consequence and measure in a society that respects and cares for the large portion of its population that is represented by women.

## **COMPLETION OF WORK**

Based on everything that was explained in the various stages of preparation of this study, it is understood that drug intervention may be necessary, and must be treated as a public health problem and necessary access to all social levels for women in earlier stages, during and after menopause.

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