



Medical Decisions, Estrogen and Aging

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The decision making process that underlies ovarian hormone therapy (HT) is fallible. Two recent large-scale studies, one in the USA (Women's Health Initiative or WHI) and the other in Great Britain, cast a negative light on the use of hormone therapy. Both have received considerable attention in the media. Thus, the decision for women to go on hormone therapy (HT) remains controversial. There is an historical oscillation of beliefs related in part to expectations of the medicinal value of HT over longer-term use beyond the initial peri-menopausal period. Studies thought to resolve issues surrounding the efficacy of HT were perhaps overstated. Confusion still permeates the decision making with regard to HT. Over zealous advertising, and exaggerated understanding of the results (negative or positive) undermines patient and physician decision making.

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