Hormonal Meds	Bioidentical Estrogen	Estrogen Pills	Estrogen Shots	Estrogen Vaginal Ring	Estrogen Patch	Estrogen Vaginal Cream	Estrogen Gel	Estrogen Vaginal Tablets	Estrogen Pellets	Tibolone	USP Progestrone	Progestrone Cream	Progesterone Gel	Progesterone Pills	Progesterone Shots	Progesterone Birth Control Pills	Progesterone IUD	Estrogen + Progesterone Birth Control Pills	Estrogen + Progesterone Birth Control Patch	Cyclic HRT Pills	Continuous HRT Pills	HRT Patches	Bioidentical DHEA	Testosterone Cream	Testosterone Pills	Estrogen + Testosterone Pills	Calcitonin	Teriparatide	Infertility Meds
Irregular Periods	+/-	+/-	+/-	+/-	+/-	+/-	+/-	+/-	+/-	-	-	-	n/a	-	-	+	n/a	+	+	+	o	o	o	o	o	-	o	o	o
Hot Flashes	+	+	+	+	+	+	+	+	+	+	o	+/-	n/a	+	+	o	n/a	+	+	+	+	+	o	+	o	+	o	o	+/o/-
Night Sweats	+	+	+	+	+	+	+	+	+	+	o	+/-	n/a	+	+	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Insomnia	+	+	+	+	+	+	+	+	+	o	o	+	n/a	o	o	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Fatigue	+	+	+	+	+	+	+	+	+	o	+	o/+	n/a	+	+	+	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Forgetfulness	+	+	+	+	+	+	+	+	+	+	+	+	n/a	o	o	o	n/a	+	+	+	+	+	+	o	+	+	o	o	o
Mood Swings	+	+	+	+	+	+	+	+	+	+	-	-	n/a	-	-	o	n/a	+	+	+	+	+	o	o	+	+	o	o	o
Irritability	+	+	+	+	+	+	+	+	+	+	o	o	n/a	o	o	o	n/a	+	+	+	+	+	o	o	+	+	o	o	o
Depression	+	+	+	+	+	+	+	+	+	o	o	+/o/-	n/a	o	o	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Cravings	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+	+	+	+	+	o/-	o	o/-	+	o	o	o
Breast Pain	+	+	+	+	+	+	+	+	+	-	-	-	n/a	-	-	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Joint Pain	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Dry Skin	+	+	+	+	+	+	+	+	+	o	o	+	n/a	o	o	o	n/a	+	+	+	+	+	o/-	o	o/-	+	o	o	o
Hair Loss	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+	+	+	+	+	-	o/-	o/-	+	o	o	o
Hair Growth	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+	+	+	+	+	-	-	-	-	o	o	o
Vaginal Dryness	+	+	+	+	+	+	+	+	+	+	o	o	n/a	o	o	o	n/a	+	+	+	+	+	+/o	+	+/o	+	o	o	o/-
Urinary Tract Infection	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Incontinence	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+	+	+	+	+	o	o	o	+	o	o	o
Weight Gain	+	+	+	+	+	+	+	+	+	o	-	-	n/a	-	-	-	n/a	+	+	+	+	+	o/-	o	o/-	-	o	o	o/-
Decreased Sex Drive	+/-	+/-	+/-	+/-	+/-	+/-	+/-	+/-	+/-	o	+	+	n/a	+	+	o	n/a	+	+	+	+	+	+	+	+	+	o	o	o
Acne	+	+	+	+	+	+	+	+	+	o	+	+	n/a	+	+	o	n/a	+	+	+	+	+	-	o/-	o/-	-	o	o	o
Headaches	o/-	o/-	o/-	o/-	o/-	o/-	o/-	o/-	o/-	o	+	+	n/a	+	+	+	n/a	+	+	+	+	+	o	o	o	o/-	o	o	o
Heart Attack	+/o/-	+/o/-	+/o/-	+/o/-	+/o/-	+/o/-	+/o/-	+/o/-	+/o/-	o	+	+	n/a	-	-	o/-	n/a	+	+	o/-	o/-	o/-	+	+	+	-	o	o	o
Blood Clots	+/o/-	+/o/-	+/o/-	+	+	-	-	+/o/-	+/o/-	o	+	+	n/a	-	-	o	n/a	-	o	-	-	o	+	+	+	-	o	o	o
Stroke	+/o/-	+/o/-	+/o/-	+	+	-	-	+/o/-	+/o/-	o	+	+	n/a	-	-	o	n/a	-	o	-	-	o	+	+	+	-	o	o	o
Osteoporosis	+	+	+	+	+	+	+	+	+	+	+	+	n/a	+	+	+/o	n/a	+	+	+	+	+	+	+	+	+	+	+	o
Breast Cancer	o/-	o/-	o/-	o/-	o/-	o	o/-	o/-	o/-	o	+/o	+/o	n/a	o	o	o	n/a	o/-	o/-	-	-	-	-	o	o/-	o/-	o	o	o
Uterine Cancer	-	-	-	-	-	-	-	-	-	o	+/o	+/o	n/a	+/o	+/o	+	n/a	+	+	+	+	+	o	o	o	o/-	o	o	o
Ovarian Cancer	o/-	o/-	o/-	o/-	o/-	?	o/-	o/-	o/-	o	o	o	n/a	o	o	o	n/a	+	+	o/-	o/-	o/-	o	o	o	o/-	o	o	o
Alzheimer's Disease	+	+	+	+	+	+	+	+	+	o	o	o	n/a	o	o	o	n/a	+/o	+/o	+/o	+/o	+/o	+	o	o	+/o	o	o	o
	Estrogen										Progesterone							Estrogen Plus Progesterone					Testosterone				Other Hormones		

Legend

- **+** Means: Improves the Situation, Prevents the Situation, or Produ
- **-** Means: Worsens the Situation, Causes the Situation, or Produc
- **o** Means: Has No Effect on the Situation.
- **n/a** Means: Not Applicable.
- **?** Means: Unknown Effect.

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