

HORMONE REPLACEMENT THERAPY FOR GIRLS

Your doctor has suggested that it is time to start taking both an estrogen product and a progesterone product, in order to replace your body's hormones as naturally as possible. Up until now, you may have been taking a single pill every day. Now you will be taking:

- an estrogen product [micronized estradiol-17 β (Estrace®)] every day
- a progesterone product [medroxyprogesterone acetate (Provera® or generic)] for 7-10 days of each month
- your doctor has prescribed medroxyprogesterone for days _____ of every month

The following information will answer many of your questions:

Will I be on this complicated schedule forever?

Not necessarily. This is a special schedule which is as natural as possible during your adolescence. After a while (1-2 years), your body will be ready for an "adult" amount of the hormones, and you may change to a more convenient single pill that combines both hormones.

When will I get my period?

You will likely get your period during or after the days you take the medroxyprogesterone. Your period may be fairly light because you are taking a small amount of hormone replacement. It may take a couple of months for your period to become "regular" or predictable.

What if I have an "abnormal" period?

If you are taking your pills regularly without missing any and you still have several abnormal periods, you should call your endocrinologist to discuss the problem. An "abnormal" period would be:

- spotting during the middle of the month when you are taking your Estrace® only
- extra long (more than 10 days) or heavy periods

This is not an urgent problem, so you could call your endocrinologist during regular business hours.

Are there any side effects?

Side effects are not expected because these are hormones which your body should be making, and you are just replacing them.