

# Are You Getting the Right Amount of Estrogen?

## Estrogen Therapy After Surgical Removal of Ovaries

Your health care provider has prescribed estrogen for you. This is to replace the estrogen your ovaries produced. This treatment is called estrogen therapy (ET). Since each woman is different, health care providers can't always determine the best dosage of estrogen right away.

Here is some information to help you decide if you are getting the right amount of estrogen.

### Are You Getting Too Much Estrogen?

The main symptoms of getting too much estrogen are sore breasts, headaches and nausea. You may have these symptoms when you first start taking estrogen, but they should go away after one to two weeks. If they don't, tell your health care provider. He or she may change your dosage.

### Are You Getting Too Little Estrogen?

If you are not getting enough estrogen, you may:

- feel "rotten" or "not right." Being on ET should help even out these feelings.
- feel anxious or irritable
- have hot flashes, interrupted sleep or poor quality sleep that leaves you tired in the morning
- have an itchy vagina or genital area, vaginal dryness or both

- urinate often or have a burning feeling while urinating.

Many of these symptoms may be caused by other conditions and not by taking estrogen. Talk with your health care provider if you experience any of these symptoms. He or she may change your dosage, if needed, or evaluate you for other causes of your symptoms.

## Are You Using the Right Form of Estrogen?

There are different forms of estrogen — pills, patches, gels, lotions and creams. These forms can affect how the estrogen works.

For example, in some women, the pills work so fast that they need to take a morning and evening dose. Other women find it is better to take their dose at one time of day rather than another. You can learn what will work best for you by trying different forms, doses and schedules.

## Working With Your Health Care Provider

You will get the most from your ET if you let your health care provider know how you are feeling and work with him or her to determine the best dosage.

If you have any concerns about taking estrogen, please make an appointment to see your health care provider.