Hormone Replacement Therapy: Risk Assessment Guide

Check the health concerns listed below that apply to you. Use this guide as a tool to discuss your personal risks and benefits of using hormone replacement therapy with your physician.

Personal Medical History:
- High blood pressure (Normal blood pressure: ___/___)
- High cholesterol (Last cholesterol level: _________________)
- Diabetes
- Overweight
- Sedentary lifestyle
- History of heart attack
- History of breast cancer
- History of bone fracture
- History of osteoporosis or bone thinning
- History of a blood clot in your leg or lung
- History of a stroke
- Had a hysterectomy
- Ovaries removed
- Smoker
- Bothersome hot flashes
- Vaginal dryness or painful intercourse

Family Medical History:  
- High blood pressure
- High cholesterol
- Diabetes
- Breast cancer
- Osteoporosis
- Stroke
- History of a blood clot in your leg or lung
- Heart attack
- Colon cancer
- Alzheimer’s Disease

Family Relationship to You: