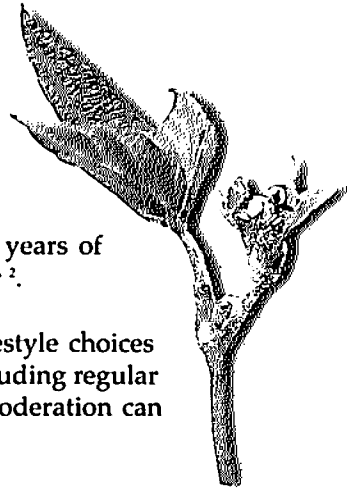


The Facts on Breast Cancer and HRT

The most significant risk factors for developing breast cancer are aging and a family history of breast (and/or ovarian) cancer².

10 times as many postmenopausal women (over 50 years of age) die of heart disease as compared to breast cancer².

Important factors affecting your risk can include lifestyle choices (see chart below)². Maintaining a healthy weight, including regular exercise in your life style and drinking alcohol in moderation can help reduce your risk of breast cancer.



RISK FACTORS for BREAST CANCER

Factors	Baseline Risk, Breast Cancers* per 100 women (%)	Additional Risk, Breast Cancers per 100 women (%)	Total Risk, Breast Cancers per 100 women (%)
No HRT use (baseline)	4.5	0	4.5
5 years of HRT use	4.5	0.2	4.7
10 years of HRT use	4.5	0.6	5.1
15 years of HRT use	4.5	1.2	5.7
Alcohol Consumption (e.g. 2 drinks /day)	4.5	2.7	7.2
Lack of regular exercise (< 4 hours/week)	4.5	2.7	7.2
Late menopause (10 year delay)	4.5	1.3	5.8
Body Mass Index (10 kg/m² increase)	4.5	1.4	5.9
Weight Gain after menopause (20 kg or more)	4.5	4.5	9.0

*Baseline or basic risk applies to all women and is due to factors that cannot be controlled (e.g. aging, gender) SOGC Hormones and Breast Cancer: Let's Talk About It!

Any increased risk of breast cancer for a woman taking HRT drops back to her baseline after she discontinues the therapy.

References: 1) Shire Canada Inc. Price Catalogue. 2) The Society of Obstetricians and Gynaecologists of Canada, 1999, Hormones and Breast Cancer, Let's Talk About It.

What is Menopause?

Prior to menopause your ovaries produce estrogen primarily in the form of 17 β -estradiol. Menopause starts when the estrogen produced by your ovaries begins to decrease. As estrogen levels decrease, your periods may become irregular or stop. Eventually, your monthly period stops and after one year if you have not had a period you have reached menopause.



Once menopause occurs, the drop in estrogen can lead to a wide range of symptoms such as hot flashes, mood changes, night sweats, fatigue, breast tenderness, vaginal dryness and insomnia. Taking estrogen replacement therapy can help ease these symptoms and provide long term benefits as well.

Short & Long Term Benefits of Hormone Replacement Therapy*

SHORT TERM BENEFITS	LONG TERM BENEFITS
Relieves hot flashes, night sweats	Prevents bone loss that leads to osteoporosis Consult your doctor for other long-term benefits of HRT specific to your situation
Reduces vaginal dryness	
Relieves fatigue, improves mood changes that may be associated with menopause	
Relieves sleep disturbances	
Relieves some types of urinary incontinence	

* Adapted from The Society of Obstetricians and Gynaecologists of Canada, 1999, *Hormones and Breast Cancer, Let's Talk About It!*

ESTROGEN REPLACEMENT THERAPY PRODUCTS

PRODUCT	SOURCE / ESTROGEN TYPE
[®] ESTRACE [®]	Derived from soybeans, 17 β -estradiol
[®] PREMARIN [®]	Derived from pregnant mare's urine, conjugated equine estrogens
[®] OGEN [®]	Derived from yams, conjugated estrone
[®] C.E.S. [®]	Derived from yams & soybeans, conjugated estrogens

Comparative clinical significance unknown. ESTRACE[®] is a registered trademark of Bristol-Myers Squibb; licensed use. OGEN[®] is a registered trademark of Upjohn. C.E.S.[®] is a registered trademark of ICN. PREMARIN[®] is a registered trademark of Wyeth-Ayerst Canada Inc.

A monthly prescription for HRT products such as ESTRACE[®] (0.5 mg or 1.0 mg) costs less than \$6.50 not including dispensing fee¹.