



Beyond estrogen for menopausal symptoms

How many times have we heard our patients say, “I can’t take estrogen for my hot flashes because of my health issues”? Or, “Estrogen alone is not enough for me”? If this sounds familiar, perhaps this issue of *Menopausal Medicine* will provide useful advice for these patients.

In her article, Maida Taylor, MD, MPH, FACOG, discusses the evidence for a variety of complementary and alternative therapies for menopausal symptoms. The known safety and efficacy of botanicals, including those that act as hormones or selective estrogen receptor modulators (SERMs) and those that act centrally to modulate the secretion or metabolism of neurotransmitters, are explored.

Armed with all of this new information, we will be in a better position to answer patient questions about the next botanical compound.

Cynthia K. Sites, MD

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