

Hormone Therapy for Women

compounded HRT

Hormone therapy can ease many of the changes women experience through perimenopause and menopause. For over twenty years, a strong FDA warning label made many women and prescribers wary — but the science has matured, and in **late 2025 the FDA moved to remove that warning** from many products. This guide explains what hormone therapy does, what changed, and what it may mean for you. It reflects our pharmacists' reading of current and still-developing information — it is not medical advice.

What hormone therapy does

As estrogen and progesterone fall around menopause, many women notice hot flashes, night sweats, sleep and mood changes, and vaginal dryness or discomfort. Replacing these hormones — sometimes with a small amount of testosterone — can relieve those symptoms and support bone health. Village Pharmacy compounds creams, capsules, troches, injections, and vaginal preparations so therapy can be tailored to you.

- **Estrogen** — eases hot flashes, night sweats, and vaginal/genitourinary symptoms; supports bone.
- **Progesterone** — balances estrogen and protects the uterine lining; may help sleep.
- **Testosterone (low dose)** — some women use a small dose for libido, energy, and well-being.
- **Vaginal estrogen** — a low, local dose for dryness and discomfort, with very little reaching the rest of the body.

The warning — and what changed

In 2002, an early read of one large study (the Women's Health Initiative) linked hormone therapy to certain risks. In 2003 the FDA added a prominent **boxed ("black box") warning** to estrogen products, and use dropped sharply. Researchers have since re-examined the data and found the picture more nuanced — risks and benefits depend heavily on a woman's age, how close she is to menopause, and the type and route of hormone. The broad warning was especially mismatched for **low-dose vaginal estrogen**, where very little is absorbed.

What's new: In November 2025, after an expert review, the FDA began removing the decades-old boxed warning from approved menopausal hormone therapy products — recognizing that, for many women who start near menopause, the benefits can outweigh the risks. Updated labels began appearing in early 2026. One important note: this labeling change applies to **FDA-approved hormone products**. Compounded preparations are made for you per prescription and are not FDA-approved, so they never carried — and don't now shed — that label.

What this may mean for you

The takeaway isn't "hormones are for everyone" — it's that hormone therapy deserves an **individual conversation** rather than a blanket "no." Evidence points to **timing** mattering: starting near menopause, at the lowest effective dose, tends to have a more favorable balance than starting many years later. The right choice depends on your symptoms, your personal and family history, and your goals. **Good candidates often include** women near menopause with bothersome symptoms and no strong reason to avoid hormones.

Extra caution for: a personal history of certain cancers, blood clots, liver disease, or unexplained bleeding — discuss with your prescriber.

Working with us

Bring your symptoms and questions to your prescriber. If compounded hormone therapy is prescribed, our pharmacists can help with your dosing form, application, and what to expect — and we have separate guides for Topi-Click creams, testosterone, and estradiol dosing.

Review it regularly. Hormone therapy isn't "set and forget." Check in with your prescriber periodically to reassess your dose, your symptoms, and whether to continue.

Important — please read. This guide is general educational information and reflects our pharmacists' reading of current and still-developing information, including regulatory changes that were ongoing when this was written (2026) and may be updated. It is not medical advice, is not a recommendation to start any therapy, and does not replace the guidance of your physician or pharmacist. Hormone therapy is not right for everyone. Talk with your prescriber about your personal risks and benefits before starting, stopping, or changing any therapy, and follow your prescription label, which takes priority over anything written here. Confirm the current FDA labeling status with your prescriber. For a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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