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PHARMACY

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Menopausal? Your Risk of Diabetes is Increased, but Estrogen Therapy May Help!

The hormones estrogen and progesterone affect how your cells respond to insulin. It is known that younger women are less likely than men to develop type 2 diabetes. But after menopause, the trend reverses dramatically, and women are at higher risk of diabetes. Changes in hormone levels can trigger fluctuations in blood sugar levels. High blood sugar levels can worsen problems associated with menopause by contributing to urinary tract and vaginal infections, and diabetes can damage the nerves of the cells that line the vagina and interfere with arousal and orgasm. Having diabetes means that you are have a greater chance of a having a heart attack or stroke.



A recent study pointed out that estrogens help prevent insulin resistance and obesity. Study leader Professor Jacques Philippe, a diabetes specialist, said: "It is important to remember hormonal substitution, when taken at the beginning of menopause and for a few years only, does not cause any particular risk of cardiovascular events." The study concluded that a woman treated appropriately with hormone replacement therapy is up to 35 percent less likely to develop type 2 diabetes.

<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20044312>
[JCI Insight. 2018; 3\(7\):e98569.](https://www.jci.org/doi/full/10.1176/jci.insight.2018.3(7):e98569)

Ask our pharmacist about how we can work together with you and your physician to customize hormone therapy to meet your specific needs.

Stay Connected



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