



# Healthy Women

Presented by the Coalition of Labor Union Women

## The Newest Preventive Options for Menopause

Selective estrogen receptor modulators (SERMs) act like estrogen in the skeleton and the cardiovascular system while blocking estrogen's effect in the breast and uterus. SERMs reduce the risk of osteoporosis and heart disease without increasing the risk of cancer.

This new option available to menopausal women should be discussed with your health care professional to assess your potential benefit or reactions to this treatment.

### Selective Estrogen Receptor Modulators (SERMs)

**Selective:** Act only on certain areas or body parts.

**Estrogen:** The naturally occurring female hormone is produced in a woman's ovaries, and acts on many areas of a woman's body, including the heart and blood vessels, bones, brain, breast and uterus. In SERMs, the effects are controlled and targeted.

**Receptor:** A specific site in the cells of the body that can be turned on or off by a compound such as a drug or natural substance like SERMs or estrogen.

**Modulator:** Act to regulate and/or activate.

A SERM acts by binding to estrogen receptors, selectively acting like estrogen in one or more target tissues, and blocking estrogen's effects in other tissues.

### The Benefits

- Some SERMs protect against the long-term effects of menopause and the loss of natural estrogen in the body.
- Increase bone density; lower the risk of osteoporosis.
- Reduce LDL (bad cholesterol) production.
- Do not stimulate uterine tissue or cause bleeding.
- Do not induce breast swelling, tenderness or pain.
- Are not associated with increased risk of breast cancer.
- Protect against heart disease.

## **The Risks**

- May increase the rate of hot flashes.
- Do not decrease the natural symptoms of menopause such as night sweats.
- Deep vein thrombosis.

**Partner with your health care provider. Act now to prevent serious illness later.**

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