

# Hormone Therapy: Which is Right for You?

Because you have been diagnosed with hormone-receptor-positive breast cancer, your doctor has suggested that you take hormone therapy. You will take a drug called an Aromatase Inhibitor (AI), or tamoxifen (Nolvadex®).

There are three aromatase inhibitors:

- Anastrozole (Arimidex®)
- Exemestane (Aromasin®)
- Letrozole (Femara®)

To help you better understand the side effects of each drug, we've given you a table comparing the side effects of tamoxifen and AIs. Please take a look at the table below and talk to your health care provider if you have any questions.

Side Effect	Tamoxifen	Why?	Aromatase Inhibitor (AI)	Why?
<b>Hot Flashes</b>	Common (40%)	The drug is preventing estrogen uptake	Common (40%)	All of these side effects occur because the drug is preventing estrogen production
<b>Osteoporosis</b>	Reduced	The drug is acting as an estrogen in bone	Increased	
<b>Increased clotting (blood clots in legs, stroke)</b>	Increased by: 2-3 fold	The drug is acting as an estrogen	Not increased	
<b>Aches in joints and bones</b>	Increased (15-25%)	The drug is preventing estrogen uptake	Increased (45%)	
<b>Uterine thickening and Uterine Cancer</b>	Increased by: 2-3 fold	The drug is acting as an estrogen	Not increased	
<b>Vaginal dryness and sexual problems</b>	Increased	The drug is preventing estrogen uptake	Increased	

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Author: Daniel F. Hayes, MD  
Reviewers: Kelly Scheu, NP and Joan Armstrong, NP

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