

# Premarin: The Bitter Truth

*Hormone therapy drugs like Premarin and Prempro are derived from pregnant mares' urine (PMU). And if the thought of ingesting something made from horse urine isn't revolting enough, PMU drugs are responsible for the suffering of horses, the deliberate slaughter of their byproduct foals, and increased health risks to the women who take them.*

- Recent studies by the Women's Health Initiative, run by the National Institutes of Health, concluded that PMU drugs like Premarin and Prempro can increase a woman's risk for heart attacks, cancer, stroke, dementia and a host of other medical problems.
- Mares used in the manufacture of hormone therapy drugs like Premarin and Prempro are strapped to rubber urine collection cups and typically confined to stalls too narrow for them to turn around in for about half of their eleven-month pregnancy. They rarely receive attention, exercise or proper veterinary care.
- The mares are impregnated year after year, and when they are too old to be productive, they, along with their byproduct foals, are often sold to slaughter.
- Many alternatives for treating the symptoms of menopause are available, including synthetic, plant-based and natural drugs; holistic therapies and lifestyle changes.

*Stay informed! Subscribe to our quarterly e-mail newsletter, PMULines, at [www.uan.org](http://www.uan.org).*

For more information on these drugs and the suffering of the horses and foals, visit:

**[www.uan.org](http://www.uan.org)**

# Alternatives to Premarin and Prempro

*Seeking alternatives to horse urine-derived hormone therapy drugs like Premarin and Prempro can protect both women and horses. Talk to your doctor about some of the following alternatives that may reduce menopausal symptoms:*

1. Lifestyle changes, like eating a low-fat, low-caffeine diet and consuming more fruits, vegetables and grains, which have been shown to reduce menopausal symptoms.
2. Getting more exercise, eating less meat and consuming more soy products and foods rich in bioflavonoids and vitamin C and E, like citrus, garlic, onions, peppers and cherries.
3. Herbal therapies and holistic therapies like acupuncture and acupressure.
4. Synthetic and plant-based therapies including:

Cenestin	Menest
Climara	Ogen
Ortho-Dienestrol	Estrace
Ortho-est	Estraderm
Tace	Estinyl
Estratab	Vivelle
5. Bio-identical hormones manufactured to have the same molecular structure as the hormones made by your own body (typically made by a compounding pharmacy).

*If the drug you are taking contains “conjugated equine estrogens” you are taking a PMU-derived drug!*

*Please consult with your doctor about any decisions involving treatment of menopausal symptoms and your health care. If your doctor isn't willing to discuss alternatives to Premarin and other PMU drugs, find one who is.*



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