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Dear Dr. (E-Along Participant's PCP)

As you may know, your patient (participant's name) is a participant in the Estrogen-Along study of the Women's Health Initiative (WHI) Hormone Program. We want to inform you about some findings from the Women's Health Initiative Memory Study (WHIMS), which is an ancillary study to the WHI Hormone Program for women **age 65 and older**.

The purpose of WHIMS is to find out the effects of taking hormones on cognitive function in women **age 65 and older**. Compared to women taking placebo pills, we found that more women who took active estrogen plus progestin showed a reduction in memory and thinking abilities. In addition, more of these women developed dementia, an illness in which there is a decline of many memory and thinking skills.

For every 10,000 women taking estrogen plus progestin pills:

45 developed dementia each year compared to 22 dementia cases each year for every 10,000 women taking placebo pills.

The Principal Investigator of the Women's Health Initiative Memory Study Clinical Coordinating Center, Dr. Sally Shumaker, asked the WHIMS investigators to give your patient this letter to share with you. More information about WHI and WHIMS is available on the World Wide Web at <http://www.whi.org>. The WHIMS results are reported in detail in two articles in the May 28, 2003, Journal of the American Medical Association. These articles are also available to subscribers on the World Wide Web at [www.jama.ama-assn.org](http://www.jama.ama-assn.org).

For women who are in the Estrogen-Along trial, the effects of estrogen on memory and thinking are being studied, along with many other health conditions, such as stroke, heart disease, cancer, and fractures. Participants in the Estrogen-Along trial are asked to continue to take their study pills and to continue their regular clinic visits. The National Heart, Lung, and Blood Institute, which oversees the WHI, continues to review the study of women receiving estrogen alone and will provide investigators and participants with any new information that might affect their participation.

These results about the cognitive effects of estrogen plus progestin in women **age 65 and older** are important for women and their health care providers worldwide. I look forward to our continued collaboration in efforts to improve healthcare for women. Please contact me if you have any questions.

Respectfully,

Principal Investigator  
(Clinical Center Name)