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Dear Dr. (E+P Participant's PCP)

As you may know, your patient (participant's name) is a participant in the Estrogen Plus Progestin (E-plus-P) 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**. Last July, the WHI Data and Safety Monitoring Board (DSMB) recommended that women in the E-plus-P study stop their study pills. We now want you to be aware of additional findings from that study, relating to cognitive function.

The purpose of WHIMS is to find out the effects of taking hormones on memory and thinking 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).

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)