

Symptoms* Rate on a scale from 1 (mild) to 5 (severe)		Su	M	T	W	Th	F	S
Hot flashes	Feelings of warmth in the face, neck, and chest that can cause sweating or drenching sweat followed by chills.							
Night sweats	Hot flashes that occur at night, disrupting sleep.							
Trouble sleeping								
Changes in menstrual periods	Irregular periods that last fewer or more days, with heavier or lighter flow, or just spotting.							
Vaginal dryness	Tissues of the vagina feel thin and dry. It feels like you have less lubrication and sexual intercourse may be uncomfortable or painful.							
Mood swings								
Anxiety								

*Evamist is approved by the FDA for use after menopause to reduce moderate-to-severe hot flashes. The effectiveness of Evamist in treating other menopausal symptoms has not been demonstrated.



Important safety information about Evamist®

Estrogens increase the chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using Evamist. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus. Your healthcare provider should check any unusual vaginal bleeding to find out the cause.

Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia. Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogen, with or without progestins, may increase your risk of dementia, based on a study of women age 65 years or older.

Evamist should not be used if you have unusual vaginal bleeding; currently have or have had certain cancers, including cancer of the breast or uterus; had a stroke or heart attack in the past year; currently have or have had blood clots; currently have or have had liver problems; or think you may be, or know that you are, pregnant.

The most common side effects that may occur with Evamist are headache, breast tenderness, the common cold, nipple pain, back pain, nausea, and joint pain.

You and your healthcare provider should talk regularly about whether you still need treatment with Evamist.