

**SIDE EFFECTS:**

For all labeled products, mild, self-limiting gastrointestinal side effects (i.e. vomiting, anorexia) can occur with product use. With estrogen compounds, estrogenic side effects (i.e. vulvar swelling, hormonal alopecia, attractiveness to males etc.) have been reported. These side effects typically resolve with dosage reduction. Bone marrow suppression is also a potential concern with estrogen compounds though the likelihood is much lower with newer estrogen compounds. The dose should be reduced to the lowest required dose to maintain continence, and a complete blood count should be recommended biannually with long-term use. With phenylpropanolamine, other sympathomimetic effects (i.e. restlessness, irritability, hypertension) have been reported. Blood pressure should ideally be measured 1 week after starting therapy then every 4-6 months. Alternate therapies should be considered for patients with underlying diseases that also predispose for hypertension.<sup>8</sup>