

# **Hormone Replacement Therapy**

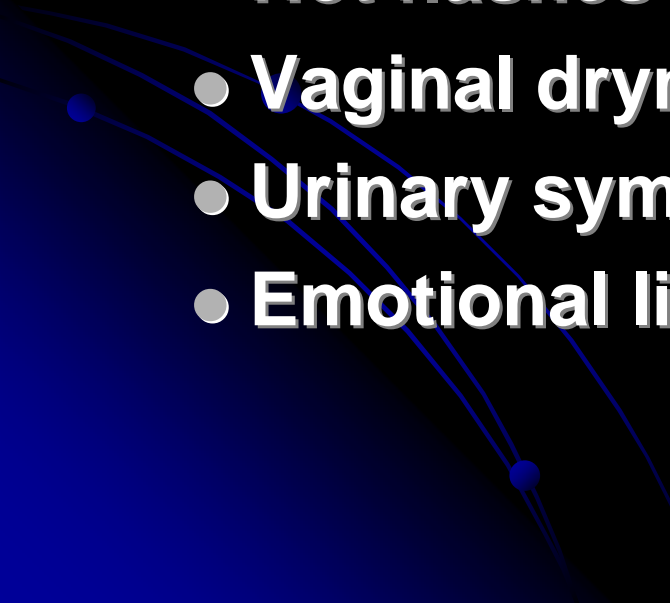
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# Menopause

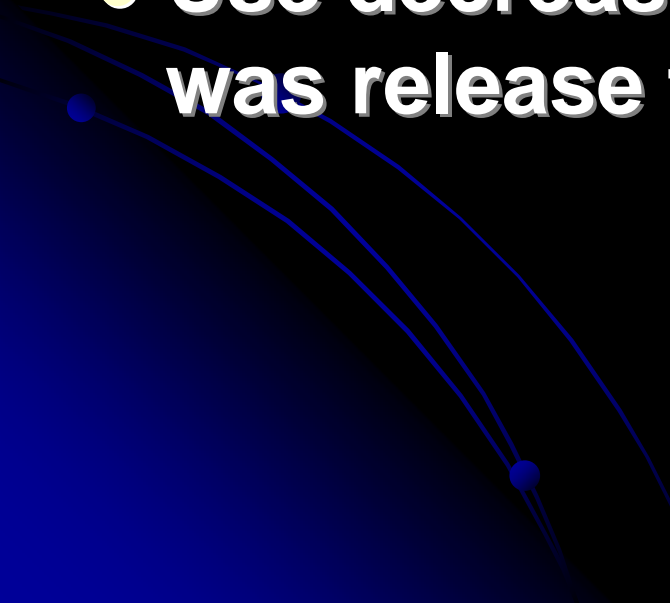
- **Ovarian failure.**
  - **Occurs at a mean age of 51.**
  - **Symptoms:**
    - **Hot flashes**
    - **Vaginal dryness**
    - **Urinary symptoms**
    - **Emotional liability**
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# Hormone Replacement Therapy (HRT)

- **Indications:**

- **Peri and post menopausal women with intolerable symptoms.**
  - **Women suffering from Premature Ovarian Failure (POF).**
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# HRT

- **Goal is to wean in a short interval.**
  - **Use increased from 33% to 42% 1995-2001.**
  - **Use decreased to 28% 2003 after data was release from HERS and WHI.**
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# Hormone Replacement Therapy

- **WHI (Women's Health Initiative)**
  - Study the impact on the risk of CAD in patients taking Unopposed Estrogen and Combined Estrogen-Progestin).
- **HERS (Heart and Estrogen/Progestin replacement study)**
  - Study the impact on cardiovascular events in patients with pre existing CAD using HRT.

# •WHI (Women's Health Initiative) – Unopposed Estrogen

## ● Benefits

- Reduce the risk of hip and vertebral fracture.
- No impact on the risk for CAD.

# •WHI (Women's Health Initiative) – Unopposed Estrogen

- Increased risk for:
  - Stroke
  - DVT
  - Endometrial hyperplasia and uterine cancer
  - Gallbladder disease

# •WHI (Women's Health Initiative) – Combined Estrogen-Progestin


## ● Benefits

- **Decrease in incidence of colon cancer.**
  - Higher prevalence of LN mets at diagnosis.
- **Decrease in incidence of fractures.**
- **Decrease menopausal symptoms.**
- **No increase risk for endometrial hyperplasia / uterine cancer.**

# •WHI (Women's Health Initiative) – Combined Estrogen-Progestin

- Increase risk for:
  - Breast Cancer
  - CAD
  - Stroke
  - VTE (DVT/PE)
  - Gallbladder disease
  - Dementia in women > 65 years of age.

# HERS Trial

- **Combined Estrogen-Progestin did NOT reduce the risk for CAD events.**
  - **HRT may reduce physical function and energy.**
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# HERS Trial

- **Decrease the risk for DM2, not enough to justify the use in women with pre existing CAD.**
- **May lower the mortality in women younger than 60 years of age compare to placebo.**

# HRT

- **Depression**

- **May improve mood and decrease mean depressive scores.**

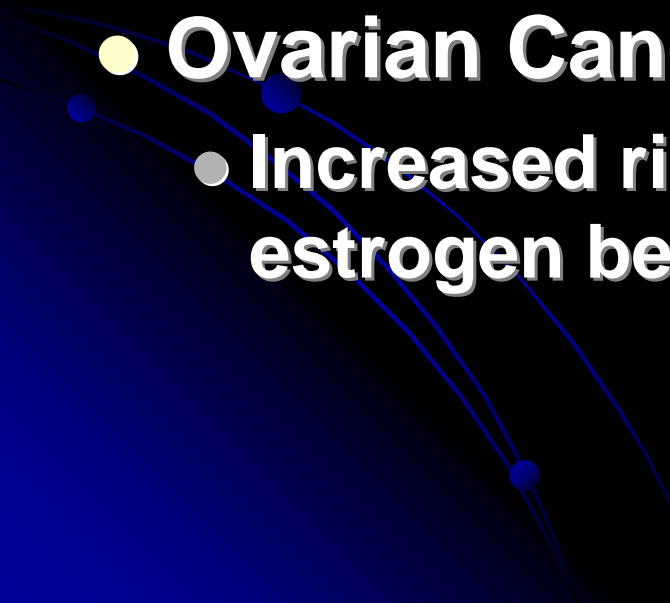
- **Falls**

- **Decrease incidence due to improvement in balance.**

- **Skin**

- **Preserve skin thickness and collagen content.**

# HRT

- **Osteoarthritis**
    - **May reduce incidence.**
  - **Asthma**
    - **May increase incidence.**
  - **Ovarian Cancer**
    - **Increased risk in women taking unopposed estrogen beyond 9 years.**
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# HRT

- **Limited clinical benefit.**
  - **It seem benefits do not outweigh risks.**
  - **Decline in clinical utilization accounts for the current decrease in the incidence of Breast Cancer.**
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