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## **Hormone Therapy Charts**

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### **Postmenopausal Hormone Therapy Charts**

Because of the wide variety of estrogen and progestogen products that are now available in the US and Canada, NAMS has prepared these charts for healthcare providers to help clarify these hormone therapy products. The hormone therapy charts include oral, vaginal, transdermal and topical estrogen therapy ET products, progestogens used for estrogen-progestogen therapy EPT, and combination estrogen-progestogen therapy products. Please note that inclusion does not imply that NAMS endorses the products listed in these hormone therapy charts.

## Hormone Products for Postmenopausal Use in the United States and Canada

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**Table 1. Oral ET products for postmenopausal use in the United States and Canada**

Composition	Product Name	Dosages (mg/day)
Conjugated estrogens	Premarin	0.3, 0.45*, 0.625, 0.9*, 1.25
Synthetic conjugated estrogens, A	Cenestin*	0.3, 0.45, 0.625, 0.9, 1.25
	Congest**	0.3, 0.625, 0.9, 1.25, 2.5
	C.E.S**	0.3, 0.625, 0.9, 1.25
	PMS-Conjugated**	0.3, 0.625, 0.9, 1.25
Synthetic conjugated estrogens, B	Enjuvia*	0.3, 0.45, 0.625, 0.9, 1.25
Esterified estrogens	Menest*	0.3, 0.625, 1.25, 2.5
17 $\beta$ -estradiol	Estrace,	0.5, 1.0, 2.0
	Various generics	0.5, 1.0, 2.0
Estradiol acetate	Femtrace*	0.45, 0.9, 1.8
Estropipate	Ortho-Est*	0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0), 5.0 (6.0)
	Ogen	0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0)
	Various generics	0.625 (0.75), 1.5 (3.0), 5.0 (6.0)

\* Available in the United States but not Canada

\*\* Available in Canada but not the United States

Products not marked are available in both the United States and Canada.

**Table 2. Transdermal ET products for postmenopausal use in the United States and Canada**

Composition	Product Name	Dosage
17 $\beta$ -estradiol matrix patch	Alora*	0.025, 0.05, 0.075, 0.1 twice weekly
	Climara	0.025, 0.0375*, 0.05, 0.075, 0.1 once/wk
	Esclim*	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Estradot**	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Fempatch	0.025 once/wk
	Menostar*	0.014 once/wk
	Oesclim**	0.05, 0.1 twice/wk
	Vivelle*	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Vivelle-Dot*	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Various generics	0.1, 0.05 once or twice/wk
17 $\beta$ -estradiol reservoir patch	Estraderm	0.025**, 0.05*, 0.1 twice/wk
17 $\beta$ -estradiol transdermal gel	EstroGel*	0.035/d
	EstroGel**	0.035/d
	Elestrin*	0.0125/d
	Divigel*	0.003, 0.009, 0.027/d
17 $\beta$ -estradiol topical emulsion	Estrasorb*	0.05/d (2 packets)
17 $\beta$ -estradiol transdermal spray	Evamist*	0.021/90 $\mu$ L/d (increase to 1.5/90 $\mu$ L/d if needed)

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\*\* Available in Canada but not the United States

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**Table 3. Vaginal ET products for postmenopausal use in the United States and Canada**

Composition	Product Name	Dosage
<i>Vaginal creams</i>		
17 $\beta$ -estradiol <sup>††</sup>	Estrace Vaginal Cream*	Initial: 2-4 g/d for 1-2 wk Maintenance: 1 g/d (0.1 mg active ingredient/g)
Conjugated estrogens <sup>††</sup>	Premarin Vaginal Cream	<i>For vaginal atrophy</i> : 0.5-2 g/d for 21 d then off 7 d <i>For dyspareunia</i> : 0.5 g/d for 21 d then off 7 d, or twice/wk (0.625 mg active ingredient/g)
Esterone	Estragyn Vaginal Cream**	2-4 g/d (1 mg active ingredient/g)
<hr/>		
<i>Vaginal rings</i>		
17 $\beta$ -estradiol	Estring	Device containing 2 mg releases 7.5 $\mu$ g/d for 90 days (for vulvovaginal atrophy)
Estradiol acetate	Femring*	Device containing 12.4 mg or 24.8 mg estradiol acetate releases 0.05 mg/d or 0.10 mg/d estradiol for 90 days (both doses release systemic levels for treatment of vulvovaginal atrophy and vasomotor symptoms)
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<i>Vaginal tablet</i>		
Estradiol hemihydrate	Vagifem	Initial: 1 tablet/d for 2 wk Maintenance: 1 tablet twice/wk (tablet containing 25.8 $\mu$ g or 10 $\mu$ g of estradiol hemihydrates, equivalent to 10 $\mu$ g or 25 $\mu$ g of estradiol; for vaginal atrophy)

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† Not approved by the FDA for menopausal hormone therapy

†† Higher doses of vaginal estrogen are systemic, meant to relieve hot flashes as well as vaginal atrophy; the lower doses are intended for vaginal symptoms only even though a small amount does get absorbed.

**Table 4. Combination EPT products for postmenopausal use in the United States and Canada**

Composition	Product Name	Dosage/day
<i>Oral continuous-cyclic regimen</i>		
Conjugated estrogens (E) + medroxyprogesterone acetate (P)	Premphase*	0.625 mg E + 5.0 mg P (2 tablets: E and E + P) (E alone for days 1-14, followed by E + P on days 15-28)
<i>Oral continuous-combined regimen</i>		
Conjugated estrogens (E) + medroxyprogesterone acetate (P)	Prempro*	0.3 or 0.45 mg E + 1.5 mg P (1 tablet) 0.625 mg E + 2.5 or 5.0 mg P (1 tablet);
Ethinyl estradiol (E) + norethindrone acetate (P)	femhrt*, femHRT**	2.5 µg E + 0.5 mg P (1 tablet); 5 µg E + 1mg P (1 tablet)
17β-estradiol (E) + norethindrone acetate (P)	Activella*	0.5 mg E + 0.1 mg P (1 tablet); 1 mg E + 0.5 mg P (1 tablet)
	Activelle LD**	0.5 mg E + 0.1 mg P (1 tablet)
	Activelle**	1 mg E + 0.5 mg P (1 tablet)
17β-estradiol (E) + drospirenone (P)	Angeliq	1 mg E + 0.5 mg P (1 tablet)*; 1 mg E + 1 mg P (1 tablet)**
<i>Oral intermittent-combined regimen</i>		
17β-estradiol (E) + norgestimate (P)	Prefest*	1 mg E + 0.09 mg P (2 tablets: E and E + P) (E alone for 3 d, followed by E+P for 3 d, repeated continuously)
<i>Transdermal continuous-combined regimen</i>		
17β-estradiol (E) + norethindrone acetate (P)	CombiPatch*, Estalis**	0.05 mg E + 0.14 mg P (9 cm <sup>2</sup> patch, twice/wk); 0.05 mg E + 0.25 mg P (16 cm <sup>2</sup> patch, twice/wk)
17β-estradiol (E) + levonorgestrel (P)	Climara Pro	0.045 mg E + 0.015 mg P (22 cm <sup>2</sup> patch, once/wk)

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Products not marked are available in both the United States and Canada

**Table 5. Progestogens available in the United States and Canada**

Composition	Product Name	Dosage/day
<i>Oral tablet: progestin</i>		
Medroxyprogesterone acetate	Provera, various generics	2.5, 5, 10 mg
Norethindrone	Micronor, <sup>†</sup> Nor-QD, <sup>*†</sup> various generics	0.35 mg
Norethindrone acetate	Aygestin, <sup>*†</sup> various generics	5 mg
Megestrol acetate	Megace, <sup>†</sup> various generics	20*, 40, 40 mg suspension
<i>Oral capsule: progesterone</i>		
Micronized progesterone (in peanut oil)	Prometrium	100, 200* mg
<i>Intrauterine system: progestin</i>		
Levonorgestrel	Mirena <sup>†</sup>	20 µg/d approx. release rate (52-mg IUS has 5-y use)
<i>Vaginal gel: progesterone</i>		
Progesterone	Crinone <sup>†</sup> 4%*, 8%	45- or 90-mg applicator

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