

Menopausal HORMONES Dr Colin Pearce - www.colsclinic.com.au

Commercial Hormones available for the medical management of Menopause Symptoms. This list does not include Phytoestrogens, bioequivalent hormone troches or non hormonal medications. Individual requirements will vary. Relative oestrogen potencies are indicated: (L) Low, (M) Medium, (H) High. (**BOLD**=PBS avail.)

Oestrogen Only

- a. Oral
 - i. Oestradiol - Estrofem 1mg (L) 2mg (M) ~~4mg (H)~~ , **Zumenon** 2mg (M)
 - ii. ~~Piperazine Oestrone Sulph - Genoral, Ogen~~
 - iii. Oestriol - **Ovestin** 2mg (L)
 - iv. Conjugated Equine Oestrogens - Premarin 0.3mg (L) 0.625mg (M) ~~1.25mg (H)~~
 - v. Oestradiol Valerate - **Progynova** 1mg(L) 2mg (M)
- b. Transdermal Patch - All Oestradiol 2/week except climara - dose=mcg/day
 - i. ~~Dermestril~~
 - ii. **Estraderm** (depo patch) 25 (L) ~~50 (M)~~ 100 (H) **Estraderm MX** (matrix patch) 25,50,100
 - iii. **Estradot** (depo patch) 25 (L), 37.5, 50 (M), 75, 100 (H) Menorest (matrix patch) 37.5, 50, 75, 100
 - iv. Femtran (25 (L) 50 (M) 100 (H)
 - v. **Climara** 25 (L) 50 (M) 100 (H) (1/week)
- c. Other - All Oestradiol
 - i. ~~Aerodiol - Trans Nasal~~
 - ii. **Oestradiol Implants** - Implanted
 - iii. **Sandrena** - Transdermal Gel 1mg (L)

Progestagens

- Medroxyprogesterone Acetate (MPA) - **Provera** 5mg 10mg **Ralovera** 5mg 10mg
- d. Norethisterone (NET) - **Primalut-N** 5mg, **Micronor** 0.35mg, **Noriday** 0.35mg
 - e. Levonorgestrol LNG - **Microlut** 30mcg, **Mirena Device**
 - f. Others
 - i. Cyproterone Acetate - Various Brands of anti androgens
 - ii. Drospirenone - only combined
 - iii. Dydrogesterone - Duphaston 10mg

Combined Oestrogen + Progestagen

Oral

- iv. Oestradiol + Drospirenone - Angeliq 1mg (L)
 - v. Oestradiol + Dydrogesterone - **Femoston** 2mg (M)(cyclical)
 - vi. Oestradiol + NET - Kliogest 2mg (M) / Kliovance 1mg (L) / Trisequens 2/1mg (cyclical)
 - vii. Conj Equine Oest. MPA - Premia 0.625mg(M)
- g. Transdermal
- i. Oestradiol NET - **Estalis** (Continuous) 50 mcg/day(M) / (Sequi) 50mcg/day (M)(cyclical), **Estracombi** 50mcg/day (M)(cyclical)
- h. SERM - Selective Estrogen Receptor Modulator
- i. Tibolone - Livial