

## **CONTRAINDICATIONS TO MHT (ENDOCRINE SOCIETY)**

### **ABSOLUTE**

- Stroke or TIA
- MI
- PE, VTE
- Breast cancer
- Endometrial cancer
- Active liver disease
- Unexplained vaginal bleeding (until explained and treated)
- Known clotting disorder or thrombophilia (added as per NAMS recommendation)
- Untreated hypertension (added as per NAMS recommendation)

### **RELATIVE**

- Hypertriglyceridemia,
- Active gallbladder disease,
- Increased risk of breast cancer
- Increased risk of CVD
- Migraine with aura
- Diabetes

## **EFFECTS OF DIFFERENT ROUTE OF ADMINISTRATION (NAMS)**

### **Oral Estrogen**

#### **Beneficial effects**

- Improves HDL-C, LDL-C, and total cholesterol

#### **Negative effects**

- Increases triglycerides, C-reactive protein, other hepatic proteins
- Increases the risk of thrombosis and stroke
- Risk of reducing libido through SHBG effect

### **Transdermal Estrogen**

#### **Beneficial effects**

- Less increase in triglycerides,
- Less effect on C-reactive protein,
- Less risk of thrombosis and stroke
- Less risk of reducing libido than oral E

**THE IS NO PLACE FOR TRANSDERMAL PROGESTERONE WITH MHT. MICRONIZED PROGESTERONE IS THE BEST AND REALLY ONLY ALTERNATIVE.**