# Contents

## Part I  Managing Perimenopausal and Postmenopausal Symptoms with the New Menopausal HT

1. **FAQ: Definitions of Menopause and Biological Actions of Sex Steroids**  
   - Introduction  
   - Bibliography  
   - Page 3

2. **Principles of Practice**  
   - Bibliography  
   - Page 17

3. **Medical Association Guidelines, Post-2002/Women’s Health Initiative Findings**  
   - FDA Approvals and Contraindications  
   - FDA Approvals for HT  
   - FDA Contraindications for HT  
   - The North American Menopause Society  
   - International Menopause Society: Recommendations on Postmenopausal Hormonal Therapy and Preventative Strategies for Midlife Health  
   - AACE/American Association of Clinical Endocrinology  
   - Bibliography  
   - Pages 21-37
4 Perimenopausal Symptoms: Hot Flushes and Night Sweats; Sleep Disturbances; Urogenital Discomfort; Sexual Libido Issues; Mood and Cognitive Changes ................................... 39
Introduction .................................................................................. 39
Most Common Perimenopausal Symptoms that Women Report .................................................. 39
Vasomotor Symptoms: Hot Flushes/Night Sweats .................................................. 40
Sleep Issues: Insomnia, Decreased Quality of Sleep .................................................................... 41
Urogenital Symptoms .............................................. 41
Mood and Cognition ................................................ 41
Bibliography .................................................................................. 42

5 FAQ: Bioidentical Hormones: Compounded and Non-compounded ................................................ 43
Introduction .................................................................................. 43
Bibliography .................................................................................. 50

Part II Prescription of HT

6 Transdermal Estrogen as Preferred Prescription for Perimenopausal Symptom Relief, and the Role of Progesterone .................................................. 53
Transdermal Estradiol .................................................. 53
Contraindications for HT .................................................. 54
The Case for Transdermal Estrogen:
The ESTHER Study, 2007 .............................................. 54
The KEEPS Study, 2012 .............................................. 55
Bibliography .................................................................................. 56

7 The Significance of Hormone Routes of Administration .................................................. 57
Introduction .................................................................................. 57
Routes of Administration .................................................. 57
Oral .......................................................................... 58
Vaginal ..................................................................... 58
12 FAQ: Ending HT .......................................................... 89
   Bibliography .............................................................. 91

13 FAQ: HT and Other Conditions: Uterine Fibroids, Autoimmune disease, Hypothyroidism, and History of Breast Cancer ........................................... 93
   Bibliography .............................................................. 95

Part IV The Medical and Cultural History of HT

14 History of HT Use: Controversies and Confusions .............................................................. 99
   The First Attempts at Manufacturing Synthetic Estrogen (1880s to World War II) ............. 100
   1930s and 1940s: The Development of DES ........................................................................ 101
   1960s: Estrogen Forever and the Promotion of HT to Sustain Youthfulness and Femininity ...... 102
   The 1970s: Estrogen Replacement and the Link to Uterine/Endometrial Cancer .................. 103
   1980s: The Pendulum Swings Back—HT and the Positive Link to Preventing Osteoporosis ... 105
   1980s: The Pendulum Swings Back II: HT and Protection Against Heart Disease—The Nurses’ Health Study and the PEPI Trials .............................................. 106
       The Nurses’ Health Study ........................................ 106
       PEPI Trials, 1987 .................................................... 107
   1990s: Heart Disease and Breast Cancer Risks, and Increasing Popularity of Prescription ...... 108
       The HERS Study, 1998 .......................................... 108
       HT Linked to Blood Clots, 1996 ................................ 109
   The Women’s Health Initiative, 2002 ............................................................ 109
   Post-WHI, Post-2002: Results for Hormone Therapy .......................................................... 112
   Conclusions .................................................................. 113
   Bibliography ................................................................ 113
Hormone Therapy
A Clinical Handbook
Sherif, K.
2013, XVII, 127 p. 4 illus., Softcover