

ERT	Route	Ease	How often	Benefit	Risks	Treat all Menopausal Symptoms
Pills	mouth	easy	daily	↑ good fats	↑ blood clots liver disease	+
Pellets	under skin	difficult	quarterly biannually	long term	long term	+
Shots	intra-muscular	difficult	monthly	rapid absorption	long term	+
Skin Patches	skin	easy	3 – 7 days	↓ triglycerides ↓ blood clots	fall off rash	+
Gels, Lotions, Sprays	skin	easy	daily	↑ good fats	↑ glucose ↑ triglycerides	+
Femring Vaginal Ring	vagina	easy	quarterly	adequate for body & vagina	expulsion irritation discomfort	+
Estring Vaginal Ring	vagina	easy	quarterly	for vagina only	expulsion irritation discomfort	-
Vaginal Tablets	vagina	easy	daily	very low dose	none	-
Vaginal Creams	vagina	easy	biweekly	very low dose	none	-

