

**“How Much Estrogen Do I Need To Prevent Those Dread Diseases Of Menopause?”**

| Forms of Estrogen             |                                      |
|-------------------------------|--------------------------------------|
| Travel Throughout Your Body   | Stay In Your Vagina                  |
| Prevent Diseases of Menopause | Do NOT Prevent Diseases of Menopause |
| Shots                         |                                      |
| Pills                         |                                      |
| Patches                       |                                      |
| Gels                          |                                      |
| Lotions                       |                                      |
| Sprays                        |                                      |
| Under-Skin Pellets / Implants |                                      |
| Vaginal Ring - <i>Femring</i> | Vaginal Ring - <i>Estring</i>        |
|                               | Vaginal Pellets                      |
|                               | Vaginal Creams                       |

| Necessary Estrogen Dosage to Prevent Disease of Menopause |                     |
|---|---------------------|
| Conjugated Estrogen                                       | 0.625 mg daily      |
| Estradiol   | 1.0 mg daily        |
| Estropipate   | 1.25 mg daily       |
| Esterified Estrogen                                       | 0.625 mg daily      |
| Ethinyl Estrogen  | 0.1 – 0.15 mg daily |
| Compounded Bi-Est   | 2.5 mg daily        |
| Compounded Tri-Est  | 2.5 mg daily        |

| Estrogen Criteria for Preventing Diseases of Menopause |               |                                   |                     |                                |
|--|---------------|-----------------------------------|---------------------|--------------------------------|
| Type of Estrogen                                       | Daily Dosage  | Form of Estrogen                  | Body vs Vagina Only | Prevent Diseases of Menopause? |
| Conjugated Estrogen                                    | 0.625 mg      | Pills                             | Body                | Yes                            |
| Estradiol  | 1.0 mg        | <i>Femring</i> Vaginal Ring       | Body                | Yes                            |
| Transdermal Estradiol                                  | 0.05 mg       | Patches<br>Gel<br>Lotion<br>Spray | Body                | Yes                            |
| Estropipate  | 1.25 mg       | Pills                             | Body                | Yes                            |
| Esterified Estrogen                                    | 0.625 mg      | Pills                             | Body                | Yes                            |
| Ethinyl Estradiol                                      | 0.1 – 0.15 mg | Pills                             | Body                | Yes                            |
| Bi-Est   | 2.5 mg        | Pills                             | Body                | Yes                            |
| Tri-Est  | 2.5 mg        | Pills                             | Body                | Yes                            |
|  |               | <i>Estring</i> Vaginal Ring       | Vagina only         | No                             |
|  |               | Vaginal Pellets                   | Vagina only         | No                             |
|  |               | Vaginal Cream                     | Vagina only         | No                             |

| <b>Progesterone Dosage</b>  |  |                                      |
|-----------------------------|--|--------------------------------------|
| <b>Type of Progesterone</b> | <b>Cyclical Dosage<br/>(Not Daily)</b> | <b>Continuous Dosage<br/>(Daily)</b> |
| Medroxyprogesterone Acetate | 5 mg                                   | 2.5 mg                               |
| Micronized Progesterone     | 200 mg                                 | 100 mg                               |
| Norethindrone Acetate       | 5 mg                                   | 2.5 mg                               |
| Norethindrone               | 0.7 mg                                 | 0.35 mg                              |
| Progesterone Gel            | 45 mg every other day                  | Twice a week                         |
| Compounded Progesterone     | 200 mg                                 | 100 mg                               |