

White woman's risk of death between the ages of 50 and 94 are:

31.0% from heart disease

2.8% from breast cancer

2.8% from hip fracture

Brinton LA, Schairer C. N Engl J Med. 1997;336:1769-1775

“For a woman with high-risk profile, the gains in health are about twice as high as for her counterpart in the general population, and her risk-benefit ratio is also more favourable”.

Moerman CJ, Vanhout BA, BonneuxL, et al. J Intl Med 2000;248(2):143-150

“1: 397 women taking ERT over 10 yr would develop a breast cancer that would not have ordinarily occurred if ERT were not used”.

For a 10 year long HRT it is likely that *one may avert 6 cardiovascular events per 1 diagnosed breast cancer.*

Henderson BE et al. Arch Intern Med 1991;151:75-8

At the present time, HRT seems to be the best pharmacological available strategy to improve brain function and to prevent colon cancer.

Those who only investigate HRT and never see a patient may have doubts about the enormous benefits of HRT in terms of quality of life.

HRT

**Patients are not statistics:
They should be treated
individually!**

“All medical interventions should be individualised to the specific woman’s age, characteristics and needs”.

Genazzani AR, Gambacciani M. IMS Expert Workshop, Climacteric 2000;3:233-240

The important issue, after all, is not HRT.

What is important is the best possible approach to preventive medicine in a middle aged-woman.

First of all, there are many different post-menopausal hormone therapies: different estrogens, different progestins, different routes of administration, different regimens, which have different profiles.

Neves-e-Castro M. Maturitas 2001;38(3):235-237

Second, there are those who know and those who do not know to tailor-make it to a particular woman and to monitor its efficacy in the targets that have justified its selection.

Neves-e-Castro M. Maturitas 2001;38(3):235-237

Third, there are those who think that the menopause is a disease to be treated solely with sex hormones, and there are those who believe that the menopause is an event in a middle-aged woman's life.

Neves-e-Castro M. Maturitas 2001;38(3):235-237

Under these circumstances the time has come, for those who take care of menopausal women, to realise that there are also many other very important and effective strategies to prevent cardiovascular diseases.

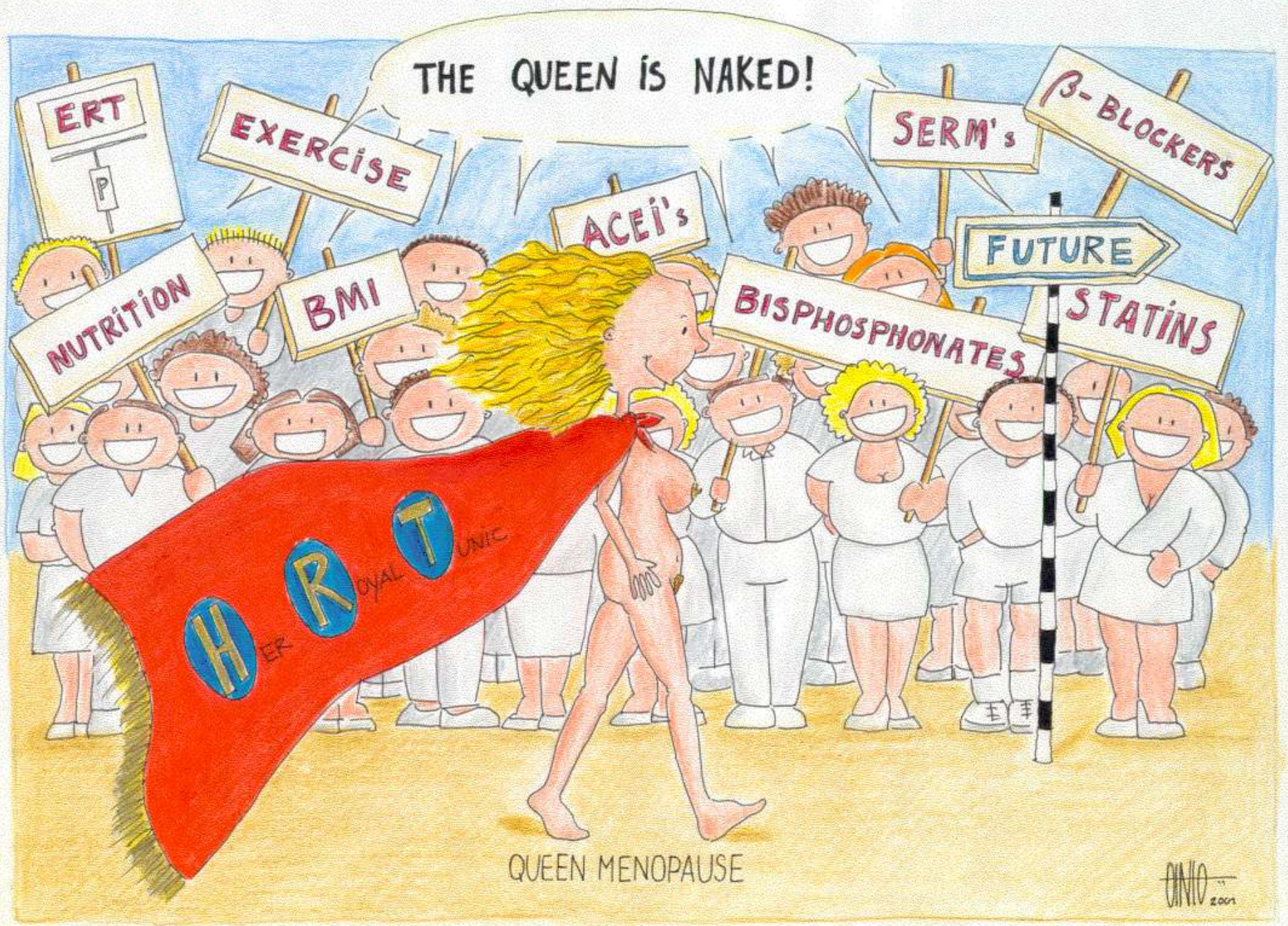
Neves-e-Castro M. Maturitas 2001;38(3):235-237

**Every discussion about the
Menopause (*the Queen...*) seems to
implicate that there is nothing but
HRT!**

Neves-e-Castro M. Maturitas 2001;38(3):235-237

The Queen... Is naked!

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THE QUEEN IS NAKED!

ERT

EXERCISE

NUTRITION

BMI

ACEI's

SERM's

BETA-BLOCKERS

FUTURE

BISPHOSPHONATES

STATINS

HER ROYAL TUNIC

QUEEN MENOPAUSE

ONVO 2001

Science ...

Is an art of probability

Medicine ...

Is an art of uncertainty

Sir William Osler

**Good clinical judgement
must prevail!**

Preventing a woman from the
benefits of a sound
postmenopausal hormone
therapy because of the fear
of rare side effects *does not
seem to be satisfactory*
Medicine...

After all ...

“Only 20% of women who start HRT seem to continue treatment after 4 years”.

*Pilon D, Castilloux A, Le Lorier J. Obstet Gynecol
2001;97:97-100.*

“Primum, non nocere”:

neither by excess ...

nor by *abstention*, as well ...