

# Terapeutica Hormonal de Substituição

por

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**“HRT started at age 55 for 10 years  
can prolong life”.**

**“One excess breast cancer case is  
likely to occur per 5-6 averted cases  
of first myocardial infarction or hip  
fracture”.**

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

**“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*

**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*

**“It appears that half of the benefits in the prevention of cardiovascular diseases are not hormone related”!**

*Mosca L, Grundy SM, Judelson D, et al. Circulation  
1999;99:2480-4*



**“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 ultimate effects of different dosages, schedules and type of hormones used should be clarified, avoiding inferring the effects of one form of HRT to other”.**

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

**“The importance of increased attention to life-style factors such as healthy diet, exercise and cessation of smoking be underlined since these can confer specific benefits also to menopausal women”.**

*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.**

**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.**

**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.*

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

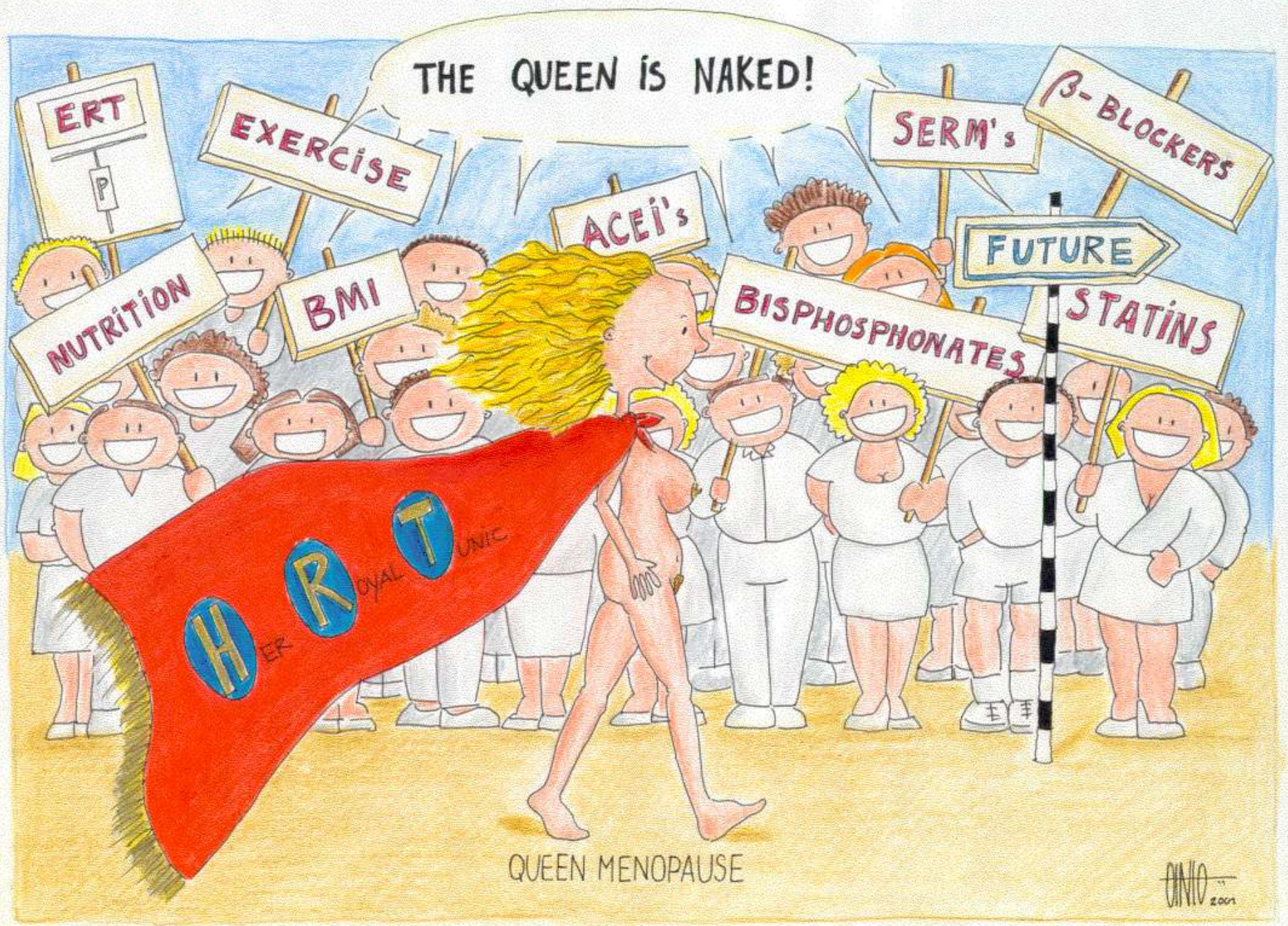
*Neves-e-Castro M. Maturitas 2001;38(3):235-237*



Is the *Queen* really naked?

**Yes. I think so.**





THE QUEEN IS NAKED!

ERT

EXERCISE

NUTRITION

BMI

ACEI's

SERM's

BETA-BLOCKERS

FUTURE

BISPHOSPHONATES

STATINS

HER ROYAL TONIC

QUEEN MENOPAUSE

ONVO 2001