

**Postmenopausal Women:**  
*Health Maintenance and Disease  
Prevention*

**A 4M Iberian Congress**

June, 2009

by

***Manuel Neves-e-Castro, M.D.***

Clinica de Feminologia Holistica

E-mail: [manuel@neves-e-castro.org](mailto:manuel@neves-e-castro.org)

Lisbon/Portugal

# Reduced risk of hip fracture

HRT prevents osteoporosis and, therefore, decreases the risk of hip fracture for as long as HRT is taken.

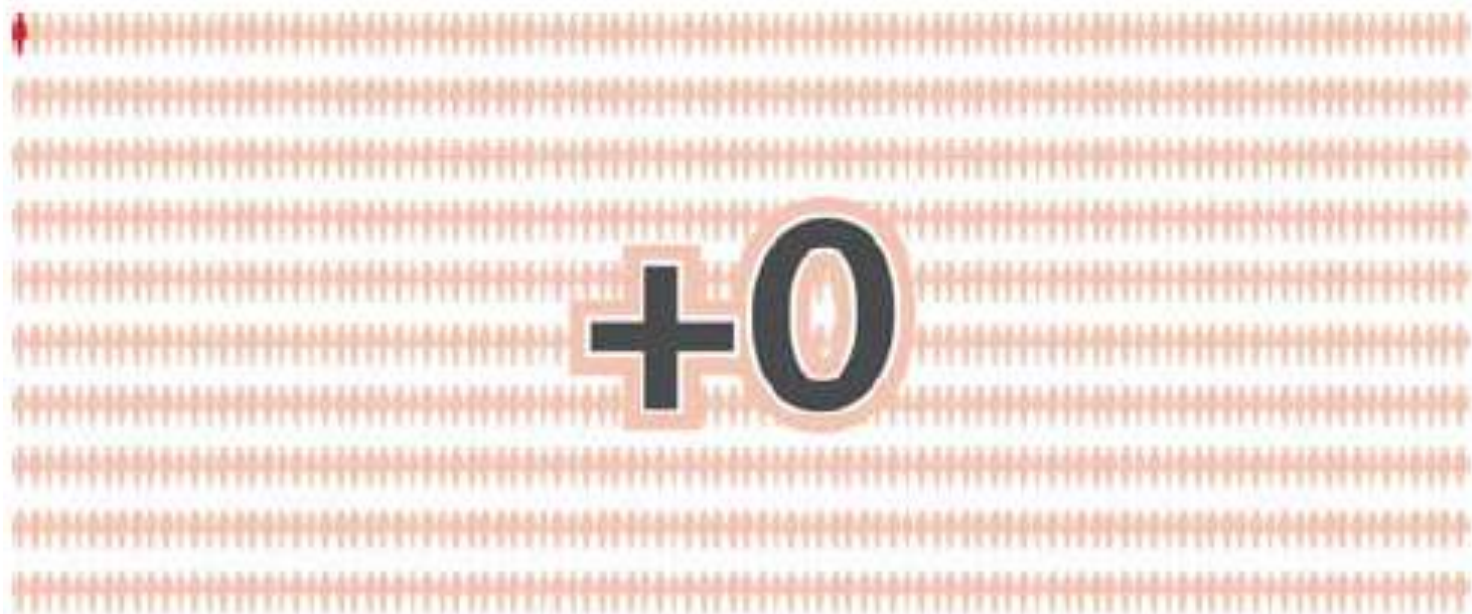
**If you took 1,000 women and gave them HRT (estrogen only or combined†) for five years, what would the benefits be to you on prevention of a hip fracture from osteoporosis?**

## Age 50-59 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged 50–59 years who have never taken HRT, on average, 1 of you would be at risk of having a hip fracture.

If you were all using **estrogen-only HRT**, you would have **no increase in risk** of having a hip fracture.



## Combined HRT

If you were in a group of 1,000 women aged **50–59 years** who have never taken HRT, on average, **2** of you would be at risk of having a hip fracture.

If you were all using **combined HRT**, you would have **no increase in risk** of having a hip fracture.



**+0**



## Age 60-69 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged **60–69 years** who have never taken HRT, on average, **6** of you would be at risk of having a hip fracture.

If you were all using **estrogen-only HRT**, **3** of you, i.e, **3 fewer** of you, would be at risk of having a hip fracture.



## Combined HRT

If you were in a group of 1,000 women aged 60–69 years who have never taken HRT, on average, 6 of you would be at risk of having a hip fracture.

If you were all using **combined HRT**, 3 of you, i.e, 3 fewer of you, would be at risk of having a hip fracture.



# **Reduced risk of lower bowel (colorectal) cancer**

**If you took 1,000 women and gave them HRT (estrogen only or combined) for five years, what would the benefits be on risks of developing colorectal cancer**

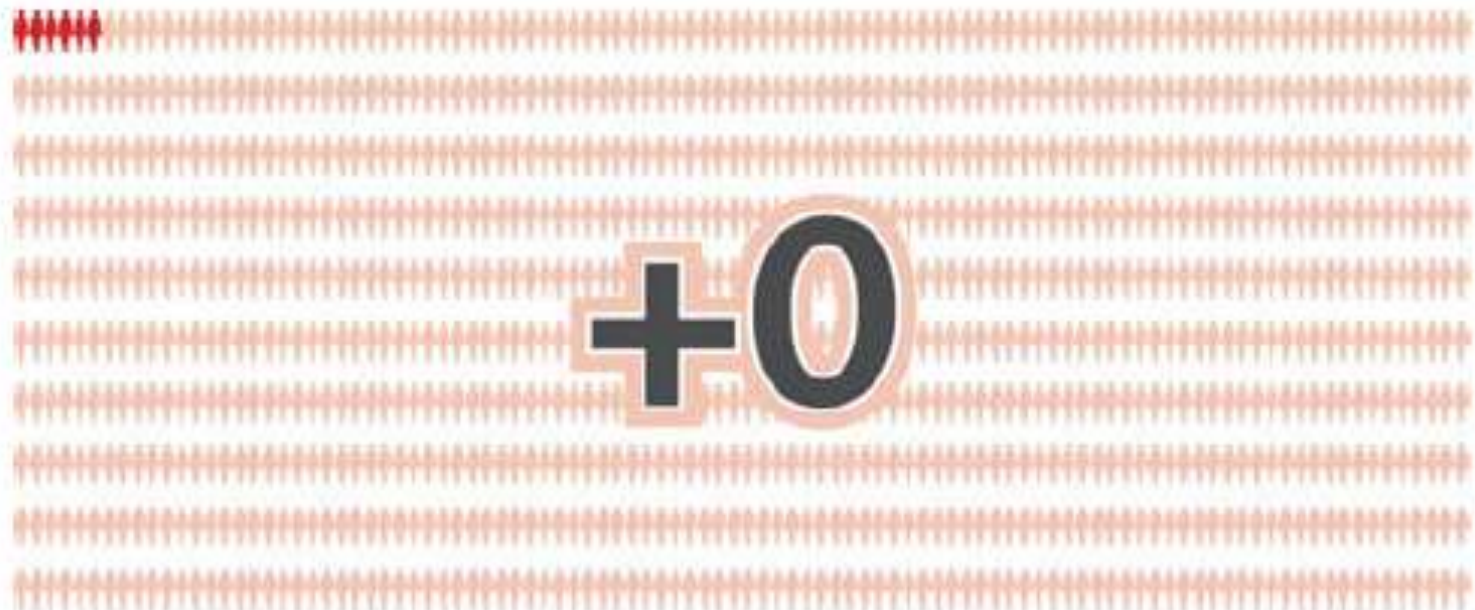


## Age 50-59 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged **50–59 years** who have never taken HRT, on average, **6** of you would be at risk of developing colorectal cancer.

If you were all using **estrogen-only HRT**, you would have **no increase in risk** of developing colorectal cancer.





## Combined HRT

If you were in a group of 1,000 women aged 50–59 years who have never taken HRT, on average, 3 of you would be at risk of developing colorectal cancer.

If you were all using **combined HRT**, 2 of you, i.e, 1 fewer of you, would be at risk of developing colorectal cancer.

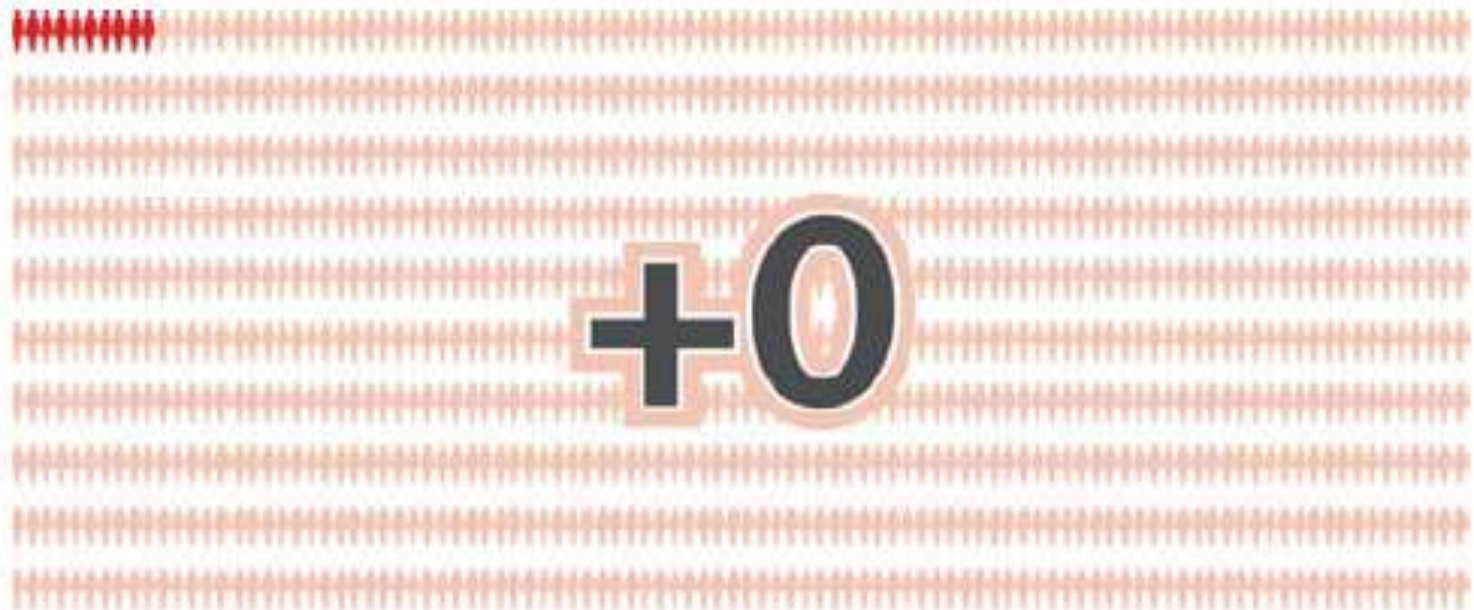


## Age 60-69 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged **60–69 years** who have never taken HRT, on average, **10** of you would be at risk of developing colorectal cancer.

If you were all using **estrogen-only HRT**, you would have **no increase in risk** of developing colorectal cancer.





## Combined HRT

If you were in a group of 1,000 women aged 60–69 years who have never taken HRT, on average, 8 of you would be at risk of developing colorectal cancer.

If you were all using **combined HRT**, 5 of you, i.e, 3 fewer of you, would be at risk of developing colorectal cancer.



# HRT and breast cancer

The risk of developing breast cancer increases in all women as we get older. Combined HRT may be associated with a small increase in the risk of developing breast cancer, whereas there is some evidence to suggest there are reduced risks when taking estrogen only HRT (*suitable for hysterectomised women only*).

**If you took 1,000 women and gave them HRT (estrogen only or combined) for five years, what would the risk, if any, be of developing breast cancer?**



## Age 50-59 years

### Estrogen-only HRT

If you were in a group of 1,000 women aged 50–59 years\* who have never taken HRT, on average, 21 of you would be at risk of developing breast cancer.

If you were all using estrogen-only HRT, 15 of you, i.e, 6 fewer of you, would be at risk of developing breast cancer.



## Combined HRT

If you were in a group of 1,000 women aged **50–59 years\*** who have never taken HRT, on average, **15** of you would be at risk of developing breast cancer.

If you were all using **combined HRT**, **3** more of you would be at risk of developing breast cancer.





## Age 60-69 years

### Estrogen-only HRT

If you were in a group of 1,000 women aged 60–69 years\* who have never taken HRT, on average, **24** of you would be at risk of developing breast cancer.

If you were all using **estrogen-only HRT**, **18** of you, i.e, **6 fewer** of you, would be at risk of developing breast cancer.



## Combined HRT

If you were in a group of 1,000 women aged **60–69 years\*** who have never taken HRT, on average, **20** of you would be at risk of developing breast cancer.

If you were all using **combined HRT**, **4** more of you would be at risk of developing breast cancer.





# HRT and cardiovascular disease

Evidence suggests that there is an increased risk of blood clots (called VTE - venous thromboembolism) and strokes as a result of HRT use.

**If you took 1,000 women and gave them HRT (estrogen only or combined) for five years, what would the risk be of developing blood clots?**

## Age 50-59 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged **50–59 years** who have never taken HRT, on average, **7** of you would be at risk of developing a VTE.

If you were all using **estrogen-only HRT**, **1** more of you would be at risk of developing a VTE.



## Combined HRT

If you were in a group of 1,000 women aged 50–59 years who have never taken HRT, on average, 3 of you would be at risk of developing a VTE.

If you were all using **combined HRT**, 4 more of you would be at risk of developing a VTE.





## Age 60-69 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged 60–69 years who have never taken HRT, on average, 12 of you would be at risk of developing a VTE.

If you were all using **estrogen-only HRT**, **4 more** of you would be at risk of developing a VTE.





## Combined HRT

If you were in a group of 1,000 women aged **60–69 years** who have never taken HRT, on average, **8** of you would be at risk of developing a VTE.

If you were all using **combined HRT**, **9** more of you would be at risk of developing a VTE.



# Stroke

- **If you took 1,000 women and gave them HRT (estrogen only or combined) for five years, what would the risk be of having a stroke?**

## Age 50-59 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged 50–59 years who have never taken HRT, on average, 8 of you would be at risk of having a stroke.

If you were all using **estrogen-only HRT**, 2 more of you would be at risk of having a stroke.





## Combined HRT

If you were in a group of 1,000 women aged 50–59 years who have never taken HRT, on average, 3 of you would be at risk of having a stroke.

If you were all using **combined HRT**, 1 more of you would be at risk of having a stroke.



## Age 60-69 years\*

### Estrogen-only HRT

If you were in a group of 1,000 women aged 60–69 years who have never taken HRT, on average, 15 of you would be at risk of having a stroke.

If you were all using estrogen-only HRT, 6 more of you would be at risk of having a stroke.



## Combined HRT

If you were in a group of 1,000 women aged 60–69 years who have never taken HRT, on average, 11 of you would be at risk of having a stroke.

If you were all using **combined HRT**, 4 more of you would be at risk of having a stroke.

