

Table 1

Systemic HRT Treatment Options

Treatment	Dosage	Evidence of Benefit	FDA Approval	Products*
Conjugated estrogens	Standard: 0.625 mg/day Low: 0.3-0.45 mg/day	Yes	Yes Yes	Premarin (tablet or injectable) Prempro, Premphase (CEE/medroxyprogesterone)
Micronized 17β estradiol	Standard: 1 mg/day Low: 0.5 mg/day Ultralow: 0.25 mg/day	Yes Yes Mixed	Yes Yes No	Estrace (tablet) Estradiol tablets (generic) Menest (esterified estrogens)
Transdermal 17β estradiol	Standard: 0.0375-0.05 mg/day Low: 0.025 mg/day Ultralow: 0.014 mg/day	Yes Yes Mixed	Yes Yes No	Alora (twice weekly) Climara (weekly) Divigel (0.1% estradiol gel) Elestrin (0.06% estradiol gel) Estrasorb (4.35 mg/1.74 g emulsion) EstroGel (0.06% estradiol gel) EvaMist (spray) Menostar (weekly) Minivelle (twice weekly) Vivelle-Dot (twice weekly)
Estradiol acetate ring	0.05 mg/day	Yes	Yes	Femring 0.05 mg or 0.1 mg estradiol daily over 3 mo (no substitutes)
Conjugated estrogens with bazedoxifene	0.45 mg/20 mg daily	Yes	Yes	Duavee (CEE/bazedoxifene)
Combination estrogen-progestin	Various	Yes	Yes	Climara Pro (estradiol/levonorgestrel weekly patch) Combipatch (estradiol/norethindrone acetate twice-weekly patch) Xulane (ethinyl estradiol/norgestromin patch) Activella (estradiol/norethindrone acetate tablet) Lopreeza (estradiol/norethindrone acetate tablet) Mimvey (estradiol/norethindrone acetate tablet) Femhrt (ethinyl estradiol/norethindrone acetate tablet) Angeliq (estradiol/drospirinone tablet)
Depot progestin	Individualized, injected q3mo	Yes	No	Depo-Provera (medroxyprogesterone acetate)
IM estrogen	Individualized: Cypionate: 1-5 mg IM q3-4w Valerate: 10-20 mg IM q4w		Yes	Delestrogen (estradiol valerate) Depo-Estradiol (estradiol cypionate)

* Many HRT products are not interchangeable. Check interchangeability ratings before suggesting alternatives.
CEE: conjugated equine estrogens; HRT: hormone replacement therapy.
Source: References 4, 13-15.