

# A Practitioner's Toolkit for Managing Menopause

## MHT Dosing\*

	Low dose	Mid-range dose	Highest dose <sup>#</sup>
<b>CEE</b>	0.3-0.45 mg	0.625 mg	1.25 mg
<b>17β estradiol</b>	0.5 mg	1.0 mg	1.5-2.0 mg
<b>Estradiol valerate</b>	0.5 mg	1.0 mg	2.0 mg
<b>Estriol</b>	1.0-2.0 mg		
<b>Transdermal estradiol patch</b>	25-37.5 mcg	50 mcg	75-100 mcg
<b>Estradiol gel</b>	0.5 mg	1.0 mg	1.5 mg
<b>Estradiol hemihydrate gel</b>	0.75 mg (1 pump)	1.5 mg (2 pumps)	2.25-3.0 mg (3-4 pumps)
<b>Estradiol hemihydrate skin spray</b>	1.53 mg (1 spray)	3.06 mg (2 sprays)	4.50 mg (3 sprays)

### Sequential P – daily dose for 12-14 days per month for endometrial protection:

	With Low dose E	With mid to highest dose E
<b>Dydrogesterone (oral)</b>	5 mg	10 mg
<b>Micronized progesterone (oral)</b>	200 mg (efficacy of lower dose not established)	200mg
<b>Medroxyprogesterone acetate (oral)</b>	5 mg	5-10 mg
<b>Norethisterone acetate (oral)</b>	1.25 mg-2.5mg	2.5-5mg
<b>Transdermal norethisterone acetate (with estradiol) patch</b>		releases 0.140 - 0.250mg / day

### Continuous P – daily dose for endometrial protection:

	Low dose E	With mid to highest dose E
<b>Dydrogesterone (oral)</b>	2.5-5 mg	5-10 mg
<b>Drospirenone (oral)</b>	2.0 mg	
<b>Micronized progesterone (oral)<sup>^</sup></b>	100 mg	100mg for mid dose E; (however, this dose may not always provide sufficient endometrial protection with highest dose E)
<b>Medroxyprogesterone acetate (oral)</b>	2.5 mg	2.5-5 mg
<b>Norethisterone acetate (oral)</b>	0.1mg with 0.5mg estradiol 0.5mg with 1.0mg estradiol	1.0 mg - 2.5 mg
<b>Transdermal norethisterone acetate (with estradiol) patch</b>		releases 0.140-0.250mg/day
<b>Levonorgestrel (with estradiol) patch</b>		releases 0.015mg/day
<b>LNG-IUD</b>	Device initially releasing 20 mcg/day	

### Other options:

<b>Tibolone</b>	1.25 - 2.5 mg/day
<b>CEE + bazedoxifene</b>	0.45 + 20mg/day

\* Availability of hormonal/non hormonal treatment and indications for use from regulatory bodies vary between countries; <sup>#</sup>“highest dose” refers to the highest approved prescription doses; <sup>^</sup> is occasionally prescribed to be use vaginally off-label.