The SAFEST Way to Use Estrogen for Menopause Transcript

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Introduction to safer estrogen therapy

Are you using the safest form of estrogen? Millions of women are on estrogen therapy and this can be a great thing for your health, helping to relieve menopausal symptoms and improving quality of life.

But there's really only one form which has been shown to be very safe and it's not the commonly used pill form that some doctors use. Hi, I'm Dr. Mark Stengler.

In this video, i'm going to review the safest and most effective way to use estrogen replacement therapy.

Why transdermal estrogen is safer than pills

This can be a lifesaver for women out there using hormone replacement. Restriction therapy is a key part of menopause management, helping relieve hot flashes, night sweats, vaginal dryness and mood changes that come from declining hormone levels.

While estrogen can be taken in pill form or through the skin, such as a patch, gel, or cream, research increasingly shows that how you take estrogen makes a big difference in safety.

For many women, using estrogen through their skin known as transdermal estrogen or topical estrogen is a safer and more natural way to restore balance.

One of the biggest differences between oral and trans-derma estrogen, is how the body processes it. When estrogen is swallowed in pill form, it must pass through the liver first before entering the bloodstream.

This first pass effect triggers the livers to make more clotting factors and certain inflammatory proteins. As a result, oral estrogen, or the pills, increase the risk of blood clots, such as deep vein thrombosis and pulmonary embolism, especially in women over the age of 50 or those with other risk factors like obesity, smoking or a family history of clotty disorders.

Lower clot risk and better metabolic effects

Now transdermal estrogen, on the other hand, is a topical form which is absorbed directly through the skin and goes straight into the bloodstream, bypassing the liver.

So because it does not stimulate liver production or clotting factors, it has not been shown to increase the risk of venous thromboembolism or blood clots.

Large observational studies, including the Women's Health Initiative follow-up research and European Menopause Society data, confirm that women using estrogen patches or gels have a significantly lower risk of blood clots compared to those taking estrogen pills.

Now, in addition to reducing clot risk, transdermal estrogen appears to have more favorable effect on inflammation and metabolism. While oral estrogen can increase levels of C-reactor protein, an inflammatory marker linked to heart disease and whole body inflammation, transdermal estrogen does not raise C reactor protein and tends to maintain healthier triglyceride and blood sugar levels.

It also provides more stable hormone levels throughout the day, which some women find leads to smoother symptom control and fewer mood swings.

Doctoru2019s recommendation and progesterone balance

For many women seeking hormone replacement therapy, transdermal estrogen offers the benefits of symptom relief without the risks of oral estrogen. While each woman's situation is unique, it should be discussed with a healthcare provider.

Using estrogen through the skin is often the preferred option for safety and overall well-being. This is the form I recommend for my female patients who I treat with hormone-replacement therapy and I've been using this therapy for over 30 years with my patients.

And for optimal balance, I always use natural progesterone along with transdermal estrogen. These two hormones have a balancing effect on one another.

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