

**SAFETY AND EFFICACY OF
BIO-IDENTICAL HORMONE
REPLACEMENT THERAPY
IN MENOPAUSE**

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ABSTRACT

This paper is a structured review about the use of bio-identical hormone replacement therapy in the treatment of menopausal symptoms. It encompasses the safety profile of these hormones and its effectiveness in relieving menopausal symptoms. There has been a controversy revolving around the use of hormone replacement therapy, in the treatment of menopause for more than a decade now. There have not been many studies to shed light over the confusion. This paper aims to clarify some doubts and put matters into a clearer perspective. A comprehensive search of Pubmed, the Cochrane Library and other resources was conducted, to identify papers relevant to this topic. The literature search revealed 7 studies that met the inclusion and exclusion criteria. The findings suggested that bio-identical hormone replacement therapy is a safe and effective treatment for the relief of menopausal symptoms, when used at a low dose, for a short duration. Estriol and progesterone were found to be safer than Estradiol. In addition to relieving menopausal symptoms, there is evidence that it improves the bone mineral density and reduces the risk of fractures. The positive effects and benefits outweigh the risks, when selected and used appropriately. Compounded bio-identical hormones however, in view of the limited clinical trials and quality assurance, should only be considered as an option, if the use of all other commercially available options has failed. This review provides a valuable guideline to doctors, on the use of bio-identical hormones.