

Dr. Vliet's Guide
FDA-Approved Bioidentical Hormones Medications for Menopause

Brands that contain Bioidentical Estradiol (alphabetical):

Transdermal Gels:

- Divigel
- EstroGel
- Elestrin

Transdermal Patches: (all come in several doses)

- Climara
- Vivelle Dot
- Generic estradiol (Mylan)

Topical Estradiol spray mist (apply to arm)

- Evamist

Topical Estradiol Lotion:

- Estrasorb

Oral Estradiol:

- Estrace
- Generic

Vaginal Delivery Systems

- Estrace Vaginal Cream
- Estring ring (vaginal dose)
- Femring ring (systemic dose)
- Vagifem pill

Injectable estradiol

- DepoEstradiol
- Delestrogen

Compounded injectable estradiol in oil (for people with allergies, various oils may be used: canola, olive, peanut, safflower, or sesame). USE CAUTION with ordering injectables from compounding pharmacies – special equipment is needed to maintain sterile conditions.

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*P.O. Box 64507 Tucson, AZ 85728-4507
520.797.9131 Fax 520.797.2948*

Brands containing Bioidentical Progesterone:

Vaginal Gel:

- Crinone (higher dose for fertility treatment)
- Prochieve (lower dose for secondary amenorrhea)

Oral Progesterone:

- Prometrium

Get More Reliable Information About Your Hormones

There are many websites with bioidentical hormone information, but most of them are sales pitches. The following websites offer solid, science- based information about your hormones and menopause that you can use to work with your own doctor.

www.herplace.com. Dr. Vliet's educationally focused website with free articles and booklets to download to help you discuss testing and options with your own doctor.

www.imsociety.org the website of the International Menopause Society. Excellent update and press releases responding to current headlines.

http://www.imsociety.org/downloads/facts_of_ht_book.pdf A free downloadable booklet with overview of hormones and menopause.

www.emas-online.org. the website of the European Menopause and Andropause Society. Excellent resources on testosterone as well.

<http://www.emas-online.org/Pages/WebResources.aspx> Excellent listing of other websites to visit for a variety of information about menopause and other concerns such as osteoporosis, heart disease, and information for the partner of a menopausal women.

<http://www.fda.gov/cder/pharmcomp/default.htm>. FDA Regulation of Compounded Drugs page has a list of pharmacies that have received warning letters about compounded menopause therapy drugs. You should be extremely cautious about ordering from these pharmacies.

<http://www.nof.org> National Osteoporosis Foundation

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