



## WORKSHOP

### V Simpósio Internacional da SPM

Ipanema Porto - Porto, 14 e 15 Outubro 2011

#### COMUNICAÇÕES LIVRES/POSTERS

**Autor(es):**

Mações A, Fernandes S, Santos M, Rodrigues C, Geraldes F

**Morada:**

Maternidade Bissaya Barreto. Rua Augusta. 3000-061 Coimbra

**Telefone:** 239480400

**Telemóvel:** 913743756

**E-mail:** ana\_macaes@hotmail.com

**Título:** LOW DOSE COMBINED ESTROGEN-PROGESTOGEN THERAPY FOR THE TREATMENT OF VASOMOTOR

**Autor que irá apresentar:** Ana Mações

**Meios Audiovisuais:** Datashow

Slides

Projector multimédia

**Objectives:** Use of the lowest effective dose of estrogen is recommended by current guidelines for the management of climacteric symptoms. The primary aim of this retrospective study was to assess if the low dose combined estrogen-progestogen therapy reduces the symptoms sufficiently.

**Methods:** The study included 57 postmenopausal women complaining of vasomotor symptoms who were treated with low dose combined hormone therapy in a first appointment in our hospital. Patient characteristics were collected from hospital record files. We evaluated the necessity of increasing dosage in subsequent visits.

**Results:** The mean age of women in the first visit was 51.8 years (range 44-56 years). The mean age of menopause was 50.4 years (range 41-55 years). All women (100%) had a spontaneous menopause. The number of women who had their symptoms controlled with low dose combined hormone therapy was 54 (94.7%). In 3 cases (5.3%) there was a need to increase to the standard dose.

**Conclusions:** Low dose combined estrogen-progestogen therapy was effective in alleviating vasomotor symptoms in most women. Lower doses are probably better tolerated and may have a more favorable benefit-risk ratio.

**Preferência de apresentação:**

Poster

Comunicação livre

Deve enviar resumo, juntamente com 2 cópias até 15 Setembro para:  
intsym2011@socportmenopausa.mail.pt