

Adjunctive Hormonal Treatments for Women		
Age	Agent	Cautions/Contraindications
Peri/post-menopause (45–60 years)	Raloxifene (Evista), 60–120 mg, daily	<ul style="list-style-type: none"> • H/o thromboembolism (eg, DVT, PE) • Blood clotting disorders • Long periods of inactivity (eg, air travel or surgery)
	Transdermal estradiol, 50 or 100 mcg, weekly or twice weekly ¹ Examples: Estraderm, Climara, Vivelle-Dot	<ul style="list-style-type: none"> • H/o breast or uterine cancer • H/o thromboembolism • Diabetes • Hypertension • Heart disease/stroke • Liver disease • Migraine headache with significant aura
Post-puberty– 44 years	Oral contraceptive containing at least 30 mcg of estradiol, daily Examples: norgestimate–ethinyl estradiol (Ortho Tri-Cyclen), drospirenone–ethinyl estradiol (Yasmin), desogestrel–ethinyl estradiol (Ortho-Cept)	<ul style="list-style-type: none"> • Diabetes • Hypertension • Heart disease/stroke • Over age 35 and smoker • Liver disease • Migraine headache with significant aura • H/o thromboembolism • H/o breast cancer

¹Prescribe with a progestin, eg, oral natural micronized progesterone 200 mg at bedtime for 12 days each month

From the Expert Q&A:
“Sex-Based Treatment of Schizophrenia”
with **Jayashri Kulkarni, MBBS, PhD, FAHMS**
The Carlat Hospital Psychiatry Report, Volume 1, Number 5&6, July/August/September 2021
www.thecarlatreport.com