

Comparing the Options

Adapted from I'll Try Anything! Using Prescription and OTC Products to Manage Menopause Symptoms

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Option	% reduction over placebo	Comments
Estrogen	50-75%	Beneficial effects (all menopause symptoms, osteoporosis, improved QOL) and harmful effects (E+P - breast cancer, gallbladder disease, venous thromboembolic events, and stroke; E alone - endometrial cancer)
Antidepressants	15-60%	Improved overall psychological well-being SSRI/SNRIs listed on earlier slide
Gabapentin	20-50%	Well tolerated, DI – CNS depression when combined with narcotics
Clonidine	15-20%	AE: somnolence, dry mouth, constipation; transdermal better tolerated; good with concomitant HTN
Soy Isoflavones	15-25%	Modest bone, LDL, vaginal dryness benefits 50 mg soy isoflavone, 15-30 mg genistein or 28 mg daidzein/day
Red Clover	?	Better for night sweats?, minimal bone benefits
Black cohosh	?	Positive studies with particular product (Remifemin); Liver concerns; some benefit for anxiety & sleep