

Estradiol or Bi-Estrogen Information Sheet

Estrogen is one of the primary sex hormones, but has many other important functions in the body. It helps to develop and maintain integrity of bones and ligaments, and improves the flexibility and pliancy of skin. It improves libido (sex drive) and performance and improves quality of sleep (If these problems are related to hormonal insufficiency). Estrogen also maintains healthy vaginal lubrication and muscle tone, and improves memory retrieval and short term memory problems when caused by hormonal insufficiency. Lack of Estrogen can increase the risk of heart attack by increasing LDL and total cholesterol levels and results in three times the risk of osteoporosis. Unopposed estrogen replacement (that is, replacing estrogen without also replacing progesterone) increases the risk of endometrial and uterine cancer. Even without a uterus, it is still important to replace progesterone with estrogen, so that “estrogen dominance” does not occur, which causes weight gain, low libido, increased risk for insulin resistance, tender breasts and less efficient bone building, since progesterone stimulates bone building while estrogen only slows bone loss. Estradiol is the estrogen hormone in largest supply and the one that protects the heart and bones. Estrone and Estriol are produced in smaller amounts and are not always part of a hormonal replacement prescription.

How supplied:

This medication comes in a tablet, capsule or cream.(vaginal or topical cream, or gel)

How administered:

Pill or capsule is taken orally once a day, wither am or pm. Creams are applied to non-fatty areas (never to breast tissues) and can be applied once or twice a day. Creams can also be inserted vaginally with a special applicator..

Possible side effects and cautions:

Some possible side effects include irritability, nausea, breast tenderness or swelling, and a slight chance of blood clots. If you have any history of blood clots or embolism you should not take this drug until fully evaluated for risk of clot formation from estrogen. Sometimes breakthrough bleeding or irregular periods can occur, as well as depression. When using creams, be precise about measuring the dose, don't “estimate” the dose and dip your finger in the jar. Chances are your levels will be way off this way. You can also contaminate the cream with molds or bacteria that can then travel transdermally through your skin, as the cream base is designed to do that. If you have any questions or concerns about side effects after beginning estrogen replacement, please contact your physician.

Special instructions:

Skipping doses of estrogen can cause breakthrough bleeding. If you are currently menstruating, please note that dosages administered for hormone replacement are not intended to provide contraception protections and should not be used for that purpose, as they may be an insufficient dosage to suppress ovulation.

Your dosage is _____ of _____ to _____
Every _____. If you have problems questions or concerns, contact us at 650-964-6700
[or tmrinker@aol.com](mailto:tmrinker@aol.com) and we will be glad to assist you.