

**RISKS AND BENEFITS OF  
ESTROGEN PLUS  
PROGESTIN IN HEALTHY  
POSTMENOPAUSAL WOMEN**

**WRITING GROUP FOR THE WOMEN'S  
HEALTH INITIATIVE INVESTIGATORS**

**JAMA JULY 2002**

# POSTMENOPAUSAL WOMEN AND HRT

- **MOST WOMEN BEGIN HRT BETWEEN 45-55 YEARS TO -**
  - IMPROVE QUALITY OF LIFE**
  - REDUCE THE RISK OF OSTEOPOROSIS**
- **AVOIDING CVD AND NEUROLOGICAL PROBLEMS ARE A BONUS**

# WHI STUDY - AGE

- **50-59 YRS**                      **33%**
- **60-69 YRS**                      **45%**
- **70-79 YRS**                      **21%**
- **HALF WERE OVER 65 YEARS AND  
OLD TO BEGIN HRT**

# WHI STUDY -BMI

**AVERAGE BMI - 28.5  
(AUSTRALIAN WOMEN 24)**

**<25                      30%**

**25-29                    35%**

**>30                      34%**

**ONE THIRD OF STUDY GROUP WERE  
OBESE**

# WHI STUDY -SMOKING

**NEVER 49.5%**

**PAST 40 %**

**CURRENT 10.5%**

**HALF THE STUDY GROUP HAD USED  
A PRODUCT WHICH IS KNOWN TO  
HAVE A DELETERIOUS EFFECT ON  
THE CVS**

# WHI STUDY –PRIOR CVS DISEASE

- **TREATED HYPERTENSION  
BP ABOVE 140/90 36%**
- **ELEVATED CHOLESTEROL  
REQUIRING LIPID LOWERING  
THERAPY 12.5%**

# WHI STUDY

- **NOT A PRIMARY PREVENTION STUDY**
- **A LARGE NUMBER OF WOMEN WERE FAT OLD SMOKERS WHO HAD UNDERLYING CARDIOVASCULAR DISEASE**
- **THEREFORE A LARGE PROPORTION OF THESE WOMEN SHOULD BE REGARDED AS BEING IN A SECONDARY PREVENTION TRIAL**

# HERS STUDY

- **A SECONDARY PREVENTION STUDY**
- **INVOLVED 2800 WOMEN WITH PRIOR DAMAGE TO VASCULAR ENDOTHELIUM**
- **INCREASED MORTALITY IN FIRST EIGHT MONTHS**
- **DECREASED DEATHS AFTER ONE YEAR**
- **AFTER 4.2 YEARS NO DIFFERENCE BETWEEN HRT USERS AND PLACEBO**

# WHI STUDY-DEATHS

	<b>E+P</b>	<b>PLACEBO</b>
<b>TOTAL</b>	<b>231</b>	<b>218</b>
<b>( /10,000)</b>	<b>(52)</b>	<b>(53)</b>
<b>CVD</b>	<b>65</b>	<b>55</b>
<b>( /10,000)</b>	<b>(15)</b>	<b>(13)</b>

# WHI STUDY

- **FLAWED RECRUITMENT**
- **PRIMARY PREVENTION SUBJECTS AND SECONDARY PREVENTION SUBJECTS TREATED AS ONE UNIFORM GROUP**
- **ADVERSE EFFECTS marginally INCREASE**
- **QUALITY OF LIFE NOT CONSIDERED**

