

Table of Common Hormone Therapies Available in Canada

HORMONE THERAPY	ACTIVE INGREDIENT	DOSAGE FORM	CLINICAL INDICATIONS FOR USE
Estrogen – Vaginal Application	Estrone	Cream	Symptoms of vaginal dryness (atrophy) due to estrogen deficiency
	17 β -estradiol	Silicone elastomer ring	Postmenopausal urogenital complaints due to estrogen deficiency such as: <ul style="list-style-type: none"> • Thinning, drying and inflammation of the vaginal walls (atrophic vaginitis) • Painful sex • Painful urination • Urinary urgency
	Conjugated estrogens (mixtures of estrogens)	Cream	<ul style="list-style-type: none"> • Thinning, drying and inflammation of the vaginal walls (atrophic vaginitis) • Painful sex • Kraurosis vulvae (drying of the vulva and vagina with pain and itchiness)
	Estradiol	Tablet	Symptoms of vaginal dryness (atrophy) due to estrogen deficiency
Estrogen – Oral Application	17 β -estradiol (micronized, which means the particle size has been reduced making it easier to absorb into the body)	Tablet	<ul style="list-style-type: none"> • Symptomatic relief of menopausal symptoms • Prevention of osteoporosis
	Conjugated estrogens (mixtures of estrogens)	Tablet	<ul style="list-style-type: none"> • Relief of menopausal and postmenopausal symptoms • Prevention of osteoporosis • Thinning, drying and inflammation of the vaginal walls (atrophic vaginitis) • Thinning, drying and inflammation of the vulva
Estrogen – Transdermal	17 β -estradiol	Patch (product name is Climara)	<ul style="list-style-type: none"> • Relief of menopausal and postmenopausal symptoms • Prevention of osteoporosis
	17 β -estradiol	Gel (product name is Divigel)	• Treatment of moderate to severe vasomotor symptoms associated with menopause
	17 β -estradiol	Patch (product name is Estradot)	<ul style="list-style-type: none"> • Relief of menopausal and postmenopausal symptoms • Prevention of osteoporosis
	17 β -estradiol	Gel (product name is EstroGel)	<ul style="list-style-type: none"> • Relief of menopausal and postmenopausal symptoms • Thinning, drying and inflammation of the vaginal walls (atrophic vaginitis)
	17 β -estradiol	Patch (product names is Oesclim)	• Relief of menopausal and postmenopausal symptoms
Estrogen and Selective Estrogen-Receptor Modulator (SERM)	Conjugated estrogens + bazedoxifene	Tablet	• For women with a uterus: treatment of moderate to severe vasomotor symptoms
Progestogens – Oral	Norethindrone acetate	Tablet	• Abnormal uterine bleeding due to hormonal imbalance in the absence of organic pathology, such as submucous fibroids or uterine cancer
	Micronized progesterone (micronized means the particle size has been reduced making it easier to absorb into the body)	Tablet	• For women with an intact uterus: added to postmenopausal estrogen replacement therapy to significantly reduce the risk of unusually thick lining of the uterus (endometrial hyperplasia) and carcinomas
	Medroxyprogesterone acetate	Tablet	• For women with an intact uterus: to oppose the effects of estrogen on the endometrium and significantly reduce the risk of hyperplasia and carcinoma
Progestogens – Intrauterine	Levonorgestrel	Intrauterine (IUD)	• Treatment of very heavy but regular menstrual bleeding (idiopathic menorrhagia) following appropriate diagnostic investigation in women who accept the contraceptive effect of IUDs
Combined Estrogens and Progestogens – Oral*	17 β -estradiol + norethindrone acetate (NETA)	Tablet	<ul style="list-style-type: none"> • Treatment of moderate to severe vasomotor symptoms due to naturally or surgically-induced estrogen deficiency • Thinning, drying and inflammation of the vaginal walls or the vulva (vulvar or vaginal atrophy)
	17 β -estradiol + drospirenone (DRSP)	Tablet	• Relief of menopausal and postmenopausal symptoms, including symptoms of vulvar and vaginal dryness
Combined Estrogens and Progestogens – Transdermal*	17 β -estradiol + levonorgestrel (LNG)	Patch	• Relief of menopausal and postmenopausal symptoms
	17 β -estradiol + norethindrone acetate (NETA)	Patch	• Relief of menopausal and postmenopausal symptoms including symptoms of vulvar and vaginal dryness

(* Recommended only in patients with an intact uterus due to presence of progesterone whose role is to prevent the buildup of a thick lining of the uterus, called endometrial hyperplasia)

Source: Society of Obstetricians and Gynaecologists of Canada (SOGC) 2018. Hormone Therapy Products available in Canada for the Treatment of Menopausal Symptoms, Physician Desk Reference – 3rd edition