

폐경기 여성에서의 호르몬 치료

Hormone Therapy in Postmenopausal Women

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Abstract

Until the results of Women's Health Initiative (WHI) was released in July 2002, hormone replacement after menopause had been thought to be the most effective way to manage menopause - related symptoms and to prevent long - term related diseases including osteoporosis, cardiovascular disease, and Alzheimer's disease. A significant increase in breast cancer incidence (by 26%) brought the early termination of the WHI study. After an assessment of the overall risk - benefit ratio, the WHI investigators failed to demonstrate beneficial effects of the combined hormone therapy. This article reviews the results of several large randomized controlled studies and discusses the risks and benefits of hormone therapy.

Keywords : Hormone therapy;

Postmenopausal women; Osteoporosis;

Breast cancer; Cardiovascular disease

; ; ; ; ;

(FDA)

가

, 1995

38%가

.

,

가

가

.

Heart and Estrogen/progestin Replacement Study(HERS), Women's Health Initiative (WHI)

가

.

,

.

Heart and Estrogen/Progestin Replacement Study(HERS)

HERS 1998 Journal of American Medical

Association(JAMA) . 1993 .

1 1994 9 20 2,763 HERS

(1). 가 가 3

가

가

가

가

가

HERS

가

66.7

4

HERS II

가

0.625mg

가

(2).

Conjugated Equine Estrogen(CEE, Premarin)

2.5mg Medroxyprogesterone acetate(MPA, Provera)

1,380

1,383

. HERS II

4.1

4

89%가

2.7

Women's Health Initiative(WHI)

129 ,

116

58 ,

71

0.99(95% CI: 0.80~

1.22)

가

WHI

National Heart,

Lung, and Blood Institute

1991

1

, , /

가

가

가

50~79

161,000

가

15

가

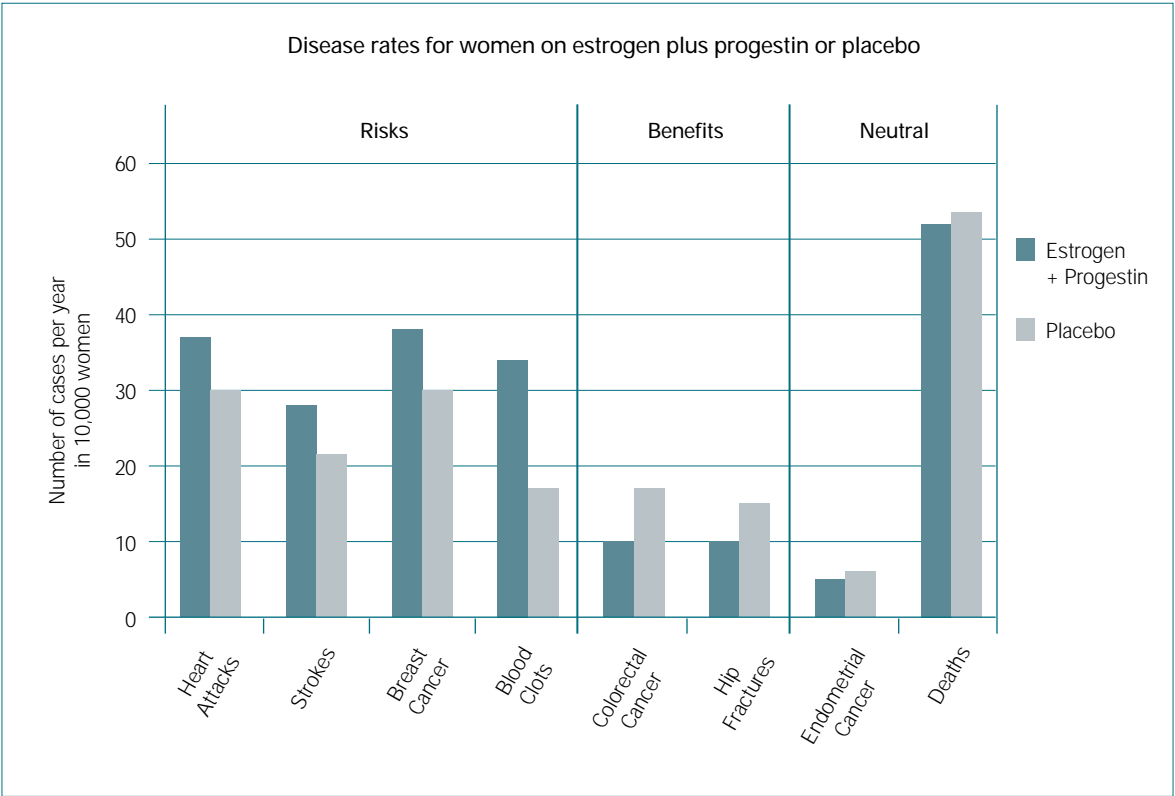
HERS

(HRT)

(Dietary modification trial), /

D

(Ca/D supplementation trial)



1. WHI

1993

9 1998 7 31

8.5 , 2

WHI

HRT

CEE 0.625mg

(ERT)

CEE 0.625mg/ MPA 2.5mg

(PERT)

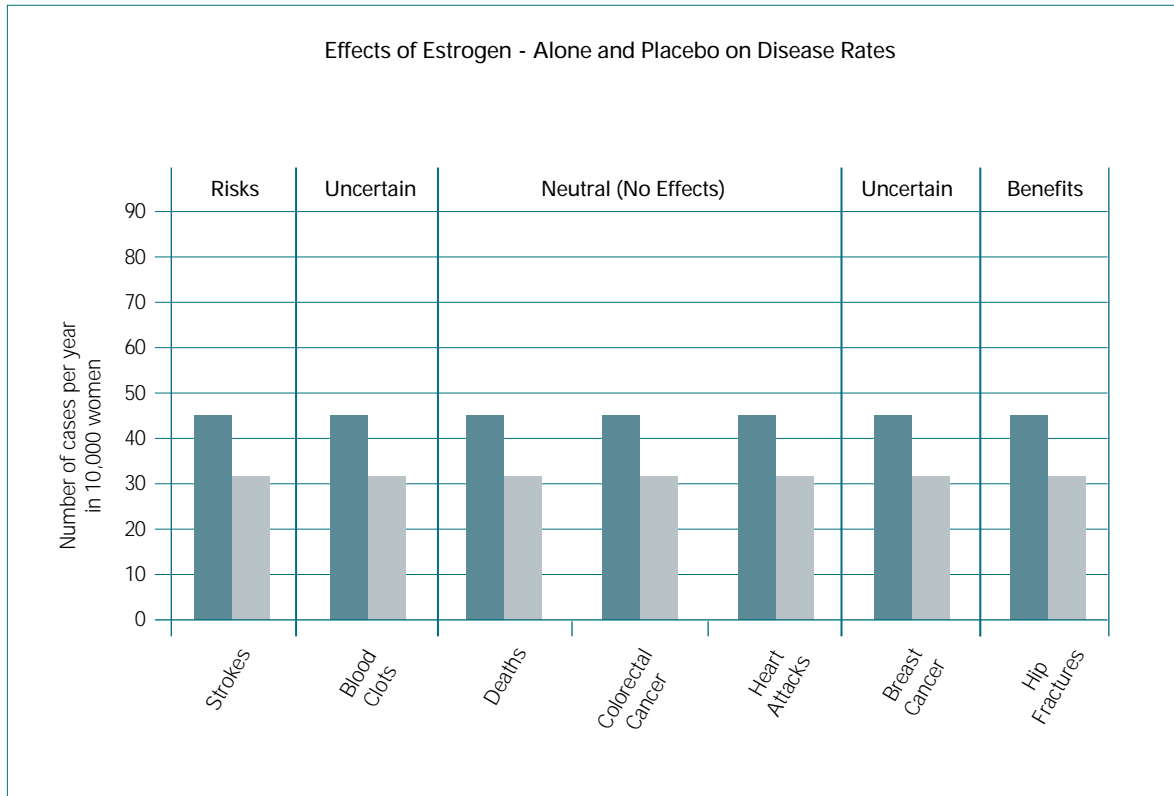
가 , pulmonary embolism, / ,

가

PERT 가 2002

가 JAMA 7

(3). HRT - PERT



가
2. WHI

가

16,608 8,506 , 8,102

2005

가

5.2

30 ,

37

.

.

가

5.2

“

가

24%

가

.

(Data Safety Monitoring Board) ” 2002

88%

가

.

5 31

LDL - cholesterol 가

가

,

가

,

CRP

가

HRT - PERT

.

가

(4). 41%가 가
30 , . 79.8%가
38 (7).
26% 가 . 4 2 가 / 37% .
가 가 가
. 245 15% 가 .
, 185 , , ,
. (invasive breast 50 ~ 54
cancer) 199 (150) ,
가 1.7cm(1.5cm) 가
(stage)
. 가
. 1 (8 ~ 11).
9.4% 5.4% (CEE
가 0.625mg/MPA 2.5mg)
-
가 가
(5).
WHI

3 3.7%가 가 0.14% WHI
가 .
15 , 10 34% 2002
. PERT 가
ERT
가 . 2005 3
(6). 가 2004 3 , 1 JAMA
151 , 107 4 가 (12). 7

가 1.76(1.19~
가 2.60), 가 2.19(1.25~3.84)
가 가가 .
가 PERT 가
. 가 , ,
10,739 63.6 CEE 가
6.8 .
ERT .
CEE 376 , ?
0.91(0.75~1.12) 가
218 가 0.77 conjugated equine estrogen(CEE)
(0.59~1.01) PERT 0.3mg, esterified estrogen 0.3mg, ethinyl estradiol
CEE 가 . 5 μ g micronized 17 -
estradiol 0.25mg 17 - estradiol
85 1.34(0.87~2.06) 0.014mg .
, 276 1984 Lindsay
12 , 49
PERT [: 1.39 0.15, 0.3, 0.625, 1.25mg
(1.10~ 1.77)]. PERT CEE , 0.625mg 1.25mg
. , metacarpal bone 가 가
가 . 0.15mg 0.3mg 가 가
0.61(0.41~0.91) PERT 0.625mg
가 . (13).
WHIMS PERT 1990
65 4,532 ERT , WHI
2,947 . PERT 가 .
22 가 Lindsay Women's Health,
45 2.05(1.21~3.48) Osteoporosis, Progestin, Estrogen(HOPE)
. ERT 37 ,
25 가 1.49(0.82~ . HOPE 2,673
2.66) . 40~65 2

4 822
CEE 0.3mg, 0.45mg, 0.625mg
가
가
가 0.625mg
0.45mg 가 0.3mg
가 (14). 1984
HOPE
2,673
가 (15).
가 (16),
가 . 2003 Prest-wood
JAMA 65 167 micronized
E2 0.25mg 3
(17). 2.6%, 2.8%
가
가
micornized progesterone
100mg 가
가
가 가
가
가
가 가

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