

# 갱년기 여성에서 심장-혈관 질환의 예방을 위한 호르몬 요법

신 현 호

## Hormone Replacement Therapy to Prevent Cardiovascular Diseases in Postmenopausal Women

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서 론

(foam cell)

가 13-14) 가  
가 3  
1 가 15)  
가 (endo-  
- thelium-derived relaxing factor, EDRF)  
nitric oxide(NO) 16),  
(antioxidant) 가 17)  
-  
5-7)

갱년기의 진단

여성호르몬의 심장보호효과의 기전

6

가 8)  
9),  
가 18),  
10),  
11,12)

(pelvic exam),  
(mammography)

18)

6

3. 계속적 에스트로겐/프로제스토겐 병합요  
법(continuous/combined estrogen/pr-  
ogestogen therapy)

(conti -

nuous/combined method),

( MPA 2.5mg)

가

가

### 호르몬 대체요법의 실제

1. 에스트로겐 계속적 단독요법(continuous  
estrogen therapy)

40 60%, 1

20%

6

19),

가

가

(continuous estrogen therapy).

conjugated equine estrogen(CEE)

1 0.625mg

2. 순차적 에스트로겐/프로제스토겐 병합요  
법(cyclic/sequential estrogen/proge-  
stogen therapy)

4. 장기적 순환요법(continuous estrogen and  
spaced-out progestogen-long cycle th-  
erapy)

(cyclic/sequential estrogen/progestogen

regimen).

21

25

10

가

25

5 , 21

7

regimen)

3

3

(long cycle

### 여성호르몬 요법의 문제점

CEE 0.625mg 1 25

medroxyprogesterone

acetate(MPA) 5mg 16

25

/

가

가

가

가



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