

Vaginal Creams				
Trade Name	Generic Name	Dose	Benefits	Side Effects and Risks
Estrace cream	Estradiol	0.01% estradiol. Apply amount necessary to control symptoms	May help to prevent urinary tract infections	Degree absorbed systemically unknown; may increase risk of endometrial cancer
Ortho Dienestrol cream	Dienestrol (synthetic estrogen)	0.01% dienestrol. Apply amount necessary to control symptoms		Same as above
Premarin cream	Conjugated equine estrogens	0.5–2 gm cream (0.3–1.25 gm Premarin), according to symptoms		Same as above
Estrogen, progesterone, or testosterone creams from compounding pharmacies	Plant-derived compounds	Individual doses	No publicly documented evidence of effects	Amount of active compound absorbed unknown

Trade Name	Generic Name	Dose	Benefits	Side Effects and Risks
Estring (vaginal ring)	Estradiol	0.07 mg	Alleviates vaginal dryness; may prevent urinary tract infections	May be expelled if straining to have bowel movement. Systemic absorption thought to be minimal to none
Crinone (vaginal gel)	Micronized progesterone, a natural plant product	4% and 8% concentrations	Reduced risk of uterine cancer	Vaginal gel delivers progesterone directly to uterus; few side effects

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