

Co-Management and Referral Guidelines

Management of vaginal estrogen in postmenopausal women

Legacy Medical Group–Urogynecology

Phone: **503-413-5787** (Oregon),

360-487-1414 (Washington)

Fax: **503-413-5788** (Oregon),

360-487-1261 (Washington)

Introduction

Vaginal estrogen has been known to help with postmenopausal vaginal atrophy, commonly presenting as dryness and/or dyspareunia associated with dryness. Vaginal estrogen is an immune modulator for the urethra and is an important part of the treatment for recurrent urinary tract infections.

Myth: Vaginal estrogen places women at risk for breast cancer, heart attack, stroke and dementia.

Truth: Vaginal estrogen is not absorbed. It can be used in breast cancer patients.

Evaluation and Management

Types of vaginal estrogens:

1. **Cream:** Estrace or Premarin, typically 1 gram placed in vagina three times weekly
2. **Tablet:** Vagifem or Yuvaferm, 10 mcg estradiol tablet placed in vagina twice weekly
3. **Ring:** Estring (round silastic ring impregnated with estradiol, time release). Placed into vagina and lasts three months. Many patients can place and remove, though the elderly will typically need an office visit with a female medical assistant to place and remove.

Note: None of these products provide any relief of vasomotor menopausal symptoms (remember, they are not absorbed). Systemic estrogen frequently will not relieve vaginal symptoms. If a patient is on systemic HRT and needs vaginal estrogen, it is fine to combine.

4. **Compounded estriol cream:** Needs compounding pharmacy, and Medicare will only cover this if the patient has an intolerance to the above types. (This is difficult because the above may be considerably more expensive, and expense is not considered an intolerance.)

When to refer

- New onset of postmenopausal bleeding
- Medical comorbidities wherein estrogen may be contraindicated (estrogen-sensitive cancers, VTE, thrombophilia states)
- Lack of desired response by patient

(continued)

Referral process

Legacy Medical Group–Urogynecology

Legacy Good Samaritan Medical Center

Medical Office Building 1
2222 N.W. Lovejoy St., Suite 304
Portland, OR 97210
Phone: **503-413-5787**
Fax: 503-413-5788
Hours: Monday–Friday, 8 a.m.–5 p.m.

Legacy Meridian Park Medical Center

19875 S.W. 65th Avenue, Suite 250
Tualatin, OR 97062
Phone: **503-413-5787**
Fax: 503-413-5788
Hours: Fridays, 8 a.m.–4 p.m.

Legacy Salmon Creek Medical Center

Medical Office Building A
2121 N.E. 139th St., Suite 430
Vancouver, WA 98686
Phone: **360-487-1414**
Fax: 360-487-1261

Our gynecology providers

Claire Gould, M.D.
Meredith Schledorn, P.A.
Tricia M. Wright Child, M.D.

Our urogynecology providers

Audrey Curtis, M.D.
Virginia King, M.D.
Blake Osmundsen, M.D.
Lynn Osmundsen, M.D.
Meredith Schledorn, P.A.

April 2019

Find this and other co-management/referral guidelines online at
www.legacyhealth.org/womenshealth under Resources for Health Care Providers

