

No evidence of benefits for hormone therapy in preventing cardiovascular disease in post-menopausal women**Clinical Question**

How effective is hormone therapy (HT) for the prevention of cardiovascular disease in post-menopausal women?

Bottom Line

There was no strong evidence that treatment with HT had an effect on overall death rates, cardiovascular disease-related death, non-fatal myocardial infarction, angina, or the number of patients undergoing revascularisation procedures. This applied to healthy women and those with pre-existing heart disease. On the contrary, HT was associated with an increased risk of stroke, venous thromboembolism and pulmonary embolism.

Caveat

The length of time that women were on treatment varied from seven months to 10.1 years. Most participants were from the USA, and the mean age in most studies was over 60 years.

Context

Evidence from systematic reviews of observational studies has suggested that HT may have beneficial effects in reducing the incidence of cardiovascular disease events in post-menopausal women; however, the results of randomised controlled trials have had mixed results.

Cochrane Systematic Review

[Boardman HMP et al. Hormone therapy for preventing cardiovascular disease in post-menopausal women. Cochrane Reviews, 2015, Issue 3. Art. No.: CD002229.DOI: 10.1002/14651858. CD002229.pub4.](#)
This review contains 19 studies involving 40,410 participants.