

THE SOCIETY OF  
OBSTETRICIANS AND  
GYNAECOLOGISTS OF  
CANADA



LA SOCIÉTÉ  
DES OBSTÉTRICIENS  
ET GYNÉCOLOGUES  
DU CANADA

774 promenade Echo Drive, Ottawa, Ontario K1S 5N8  
Tel/tél: (613) 730-4192 1-800-561-2416 Fax/Télec. (613) 730-4314

## ERRATUM

### SOGC POSITION

#### Hormone Replacement Therapy and Osteoporosis Therapy

The recent publication in the SOGC Journal supplement, July 1996, has erroneously reported that the oral estradiol dosage for the prevention and treatment of osteoporosis is 2 mg. The approved dosage in the Notice of Compliance issued by HPB Canada is 0.5 mg, 1.0 mg, and 2.0 mg for estrace (estradiol). The Notice of Compliance monograph reads as follows:

#### “DOSAGE AND ADMINISTRATION”

The lowest dose of Estrogen required to prevent menopausal symptoms and to prevent development of osteoporosis should be used.

**Menopausal symptoms:** Treatment of menopausal symptoms is usually initiated with 1 mg Estrace tablet per day. Thereafter, the dosage should be adjusted to the needs of the individual. Attempts to taper or discontinue the medication should be made at 3 to 6 month intervals.

**For prevention of osteoporosis:** Prophylactic therapy with Estrace to prevent postmenopausal bone loss should be initiated with 0.5 mg Estrace tablet per day as soon as possible after menopause. The dose may be titrated upward and downward based on the patient's clinical status and plasma estradiol levels. Ideally, plasma estradiol levels should be maintained around 50 pg/mL.

#### REFERENCES

1. Notelovitz, Morris, MD, PhD. Osteoporosis: Prevention, Diagnosis and Management. A practical manual for the primary care physician. 1st Ed. Professional Communications, Inc., p. 182. Copyright December, 1994.
2. Ettinger B., Genant HK, Steiger P., Madvig P. Low-dosage micronized 17 $\beta$ -estradiol prevents bone loss in post-menopausal women. Am J Obstet Gynecol. 1992;166:479-488.

The SOGC guidelines, *SOGC Journal*, May 1994, report the following:

#### MINIMUM EFFECTIVE DOSAGES FOR PROPHYLAXIS AND TREATMENT OF OSTEOPOROSIS

Conjugated Equine Estrogen (Premarin)	0.625 mg
Estrone Sulfate (Ogen)	0.625 mg
Estradiol 17 $\beta$ (Estrace)	0.5 mg
Estradiol Transdermal (Estraderm)	50-100 mcg

Physicians should individualize therapy according to the evaluation of each woman.