

Terapia de reemplazo hormonal para la prevención primaria de condiciones crónicas: Recomendación de la “US Preventive Services Task Force”

En el año 2013 el grupo de trabajo para servicios preventivos de EE UU (US Preventive Services Task Force) publicó nuevas recomendaciones sobre el uso de terapia de reemplazo hormonal (TRH) para la prevención de condiciones crónicas en la mujer postmenopáusica, concluyendo que no había

que indicar estrógenos y progestágenos en la mujer postmenopáusica, histerectomizadas o no, como herramienta para prevenir condiciones crónicas.

Se ratificó que la relación beneficio riesgo es inadecuada, ya que aunque se previenen fracturas, aumenta en forma significativa la tasa de ACV, trombosis venosa profunda, embolismo pulmonar, incidencia de cáncer de mama invasivo, enfermedad de vejiga, demencia e incontinencia urinaria auto-notificada.

Menopausal Hormone Therapy for the Primary Prevention of Chronic Conditions: U.S. Preventive Services Task Force Recommendation Statement

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Description: Update of the 2005 U.S. Preventive Services Task Force (USPSTF) recommendation statement on hormone therapy for the prevention of chronic conditions in postmenopausal women.

Methods: The USPSTF commissioned a review of the literature to update evidence about the benefits and harms of using menopausal hormone therapy to prevent chronic conditions, as well as whether the benefits and harms of hormone therapy differ by population subgroups defined by age; the presence of comorbid medical conditions; and the type, dose, and method of hormonal delivery.

Population: This recommendation applies to postmenopausal women who are considering hormone therapy for the primary prevention of chronic medical conditions. It does not apply to women who are considering hormone therapy for the management

of menopausal symptoms, such as hot flashes or vaginal dryness. It also does not apply to women younger than 50 years who have had surgical menopause.

Recommendation: The USPSTF recommends against the use of combined estrogen and progestin for the prevention of chronic conditions in postmenopausal women. (Grade D recommendation).

The USPSTF recommends against the use of estrogen for the prevention of chronic conditions in postmenopausal women who have had a hysterectomy. (Grade D recommendation).

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* For a list of the members of the USPSTF, see the Appendix (available at www.annals.org).

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