

Tables for CHD and Stroke risk

1.5.6 Using tables 1 and 2, explain to women that:

- baseline risk of coronary heart disease and stroke for women around menopausal age varies from one woman to another according to the presence of cardiovascular risk factors
- HRT with oestrogen alone is associated with no, or reduced, risk of coronary heart disease
- HRT with oestrogen and progestogen is associated with little or no increase in the risk of coronary heart disease.

1.5.7 Explain to women that taking oral (but not transdermal) oestrogen is associated with a small increase in the risk of stroke. Also explain that the baseline population risk of stroke in women aged under 60 years is very low (see table 2).

Table 1 Absolute rates of coronary heart disease for different types of HRT compared with no HRT (or placebo), different durations of HRT use and time since stopping HRT for menopausal women

		Difference in coronary heart disease incidence per 1000 menopausal women over 7.5 years (95% confidence interval) (baseline population risk in the UK over 7.5 years: 26.3 per 1000¹)			
		Current HRT users	Treatment duration <5 years	Treatment duration 5–10 years	>5 years since stopping treatment
Women on oestrogen alone	RCT estimate ²	6 fewer (-10 to 1)	No available data	No available data	6 fewer (-9 to -2)
	Observational estimate ³	6 fewer (-9 to -3)	No available data	No available data	No available data
Women on oestrogen + progestogen	RCT estimate ²	5 more (-3 to 18)	No available data	No available data	4 more (-1 to 11)
	Observational estimate ³	No available data	No available data	No available data	No available data

HRT, hormone replacement therapy; RCT, randomised controlled trial

For full source references, see Appendix M in the [full guideline](#).

¹ Results from Weiner 2008 were used for the baseline population risk estimation.

² For women aged 50–59 years at entry to the RCT.

³ Observational estimates are based on cohort studies with several thousand women.

Table 2 Absolute rates of stroke for different types of HRT compared with no HRT (or placebo), different durations of HRT use and time since stopping HRT for menopausal women

		Difference in stroke incidence per 1000 menopausal women over 7.5 years (95% confidence interval) (baseline population risk in the UK over 7.5 years: 11.3 per 1000 ¹)			
		Current HRT users	Treatment duration <5 years	Treatment duration 5–10 years	>5 years since stopping treatment
Women on oestrogen alone	RCT estimate ²	0 (-5 to 10)	No available data	No available data	1 more (-4 to 9)
	Observational estimate ³	3 more (-1 to 8)	No available data	No available data	No available data
Women on oestrogen + progestogen	RCT estimate ²	6 more (-2 to 21)	No available data	No available data	4 more (-1 to 13)
	Observational estimate ³	4 more (1 to 7)	No available data	No available data	No available data

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