



Feminizing hormones may be delivered by estrogen pills, injections patches or gels

<i>Type</i>	<i>What is it?</i>	<i>What are the advantages</i>	<i>Disadvantages</i>	<i>Approximate cost without insurance</i>
Estradiol pills (Estrace, Estrofem)	<ul style="list-style-type: none"> • A pill taken sublingually (under the tongue). Taking the tablets sublingually (letting them dissolve under the tongue) will largely give the same advantages as patches, gels or injectable. • Usual starting dose is 2-4 mg a day 	<ul style="list-style-type: none"> • Convenient • Relatively inexpensive • No mess or skin reactions as with patches or gels 	<ul style="list-style-type: none"> • Is processed through the liver so is more likely to cause problems with the liver and may be more likely to cause blood clots. 	<ul style="list-style-type: none"> • \$10* for 6 wks supply
Estradiol injections <ul style="list-style-type: none"> • e. valerate (delestrogen) • depo-estradiol 	<ul style="list-style-type: none"> • An injection is given in the muscle or just under the skin, usually weekly. • Usual starting dose is 5-10mg/wk e. valerate or 1.25-2.5mg/wk 	<ul style="list-style-type: none"> • Don't have to take daily pills • less likely to affect the liver or cause problems with blood clots than pills 	<ul style="list-style-type: none"> • injection training is needed but most people find that the shots are really easy to do. • Have to deal with proper disposal of needles 	<ul style="list-style-type: none"> • E. valerate *20mg/ml ~ \$44 for 5ml vial (10 wks supply) • Depo estradiol varies
Estradiol Gel	<ul style="list-style-type: none"> • Gel that comes in a pump and is applied to the skin on the arms once or twice a day. One pump is .75mg so 3 pumps would be 2.25mg • Gels roughly correspond to the daily doses found in the 50 mcg and 100 mcg patches. • Estradiol gel is found in individual 1 gram sachets or multiple dose tubes (30 g to 80 g). 	<ul style="list-style-type: none"> • Convenient • Is better absorbed thru skin and less likely to affect the liver or cause problems with blood clots than pills • Less likely to get irritation from the adhesive that holds the patch in place. 	<ul style="list-style-type: none"> • Can rub off onto people in close physical contact. • Is more expensive than pills or patches. 	<ul style="list-style-type: none"> • *\$100-200 per month depending on type • Compounded compounds may be less
Estradiol patch	<ul style="list-style-type: none"> • The patch is usually replaced twice a week (about every 3 to 4 days). • Patch is applied to a clean, dry, hairless area of the body, such as the lower abdomen or buttocks. • Estradiol transdermal patch 50 to 100 mcg (microgram) worn weekly. A 50 mcg patch is equivalent to 0.05 mg, and 100 mcg patch is equivalent to 0.1 mg. The milligram or microgram amount indicates the amount delivered daily. 	<ul style="list-style-type: none"> • Convenient • Is better absorbed thru skin and less likely to affect the liver or cause problems with blood clots 	<ul style="list-style-type: none"> • Sometimes can cause rashes or fall off • Is more expensive than pills 	<ul style="list-style-type: none"> • 30 patches *\$620, may need more than one at a time