

*Menopausal health:***Cholesterol and menopause treatments**

Menopause treatments in women with dyslipidemias should be personalized, taking into account age, metabolic, cardiovascular risk factors, lifestyle interventions and concomitant medications such as those used for weight loss.

Menopausal hormone therapy (MHT) and lipids

- Neither systemic nor vaginal MHT is contraindicated in women with dyslipidemias
- The type, dose and route of administration of MHT should be personalized
- Oral and transdermal systemic MHT have different effects on lipids: **oral estrogen** decreases LDL and total cholesterol, and increases triglycerides and HDL, whereas **transdermal estrogen** only modestly decreases LDL and total cholesterol, has little effect on HDL and decreases triglyceride levels
- Low-dose **vaginal estrogens** have minimal effect on systemic lipid profile
- The effect of **progestogens** varies according to the type of progestogen and the route of administration
- Micronized progesterone or oral dydrogesterone may be preferred
- Non-oral testosterone has little or no effect on lipid profiles

Menopausal hormone treatment (MHT) is not recommended for the sole purpose of improving lipid profiles or reducing the risk of cardiovascular disease.

Non-hormonal therapies (for vasomotor symptoms) and lipids

- There are no consistent data demonstrating that neurokinin receptor antagonists **fezolinetant** or **elinzanetant** significantly alter lipid profiles
- **Sertraline** and **paroxetine** have an unfavorable effect and increase triglyceride levels
- **Venlafaxine** may increase lipid levels
- **Fluoxetine** and **citalopram** exert a more favorable effect on the lipid profile than sertraline, paroxetine and venlafaxine

Large studies are required to examine the effects of concomitant use of menopause treatments and medicines used for weight loss.

Further information

EMAS (2025). CareOnline. Health at menopause and beyond <https://emas-online.org/guidelines-and-education/#emas-care-online>

British Menopause Society (2025). WHC fact sheet. Heart health and cholesterol in menopause <https://www.womens-health-concern.org/wp-content/uploads/2025/07/35-NEW-WHC-FACTSHEET-Heart-Health-and-Cholesterol-in-Menopause-JULY2025-A.pdf>

European Society of Cardiology/European Atherosclerosis Society (2011). Guidelines for the management of dyslipidaemias <https://doi.org/10.1093/eurheartj/ehr158>