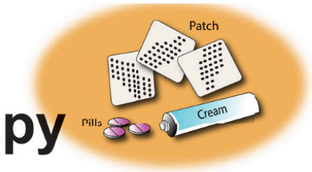
Menopausal Hormone Therapy



Low Risk HT
- Recent menopause
- Normal weight
- Normal blood pressure
- Physically active
- 10 year ASCVD risk <5%
- Low risk for breast cancer

Intermediate Risk HT
- Diabetes
- Smoking
- HTN
- Obesity
- Sedentary/ Limited mobility
- Autoimmune disease
- Hyperlipidemia
- Metabolic syndrome
- 10 years ASCVD risk ≥ 5 - 10%
- High risk for breast cancer

High Risk HT*
- Congenital heart disease
- ASCVD/CAD/PAD
- Venous thrombosis or pulmonary embolism
- Stroke/TIA or MI
- Breast cancer
- 10 year ASCVD risk ≥10%*

Reference: Cho L, et al. Rethinking Menopausal Hormone Therapy (ACC CVD in Women Committee). Circulation. 2023.