

## Lenzetto Estrogen Spray

### What is Lenzetto?

Lenzetto contains the hormone estradiol, which is the main type of estrogen in our bodies. It is derived mainly from the yam, a root vegetable, and is a body identical type of HRT. It is packaged in a pump-action bottle called a 'pump pack'.

### How does Lenzetto work?

The spray is replacing the estrogen hormone – the most important hormone for women and the one that reduces significantly during the perimenopause and menopause. In most cases, replacing estrogen improves symptoms such as hot flushes, night sweats, mood changes and vaginal dryness.

If you still have your womb (uterus), you should also take a type of progesterone or a progestogen – either as a capsule, tablet or have the Mirena® coil inserted. Progesterone or a progestogen is needed to stop the lining of the womb building up, which can occur if only an estrogen treatment is used.

### How do you use Lenzetto?

The spray should be applied to clean, dry, healthy skin of the inner forearm, in areas that do not overlap. If that is not possible, it should be applied on the inner thigh. Absorption is lower if you apply it to your abdomen, and it should not be applied to the breasts or any area near the breasts.

Let the spray dry for at least 2 minutes before getting dressed and at least 60 minutes before bathing or washing. There is usually no need to rub the spray in. If you get Lenzetto spray on another area of your skin like your hands, wash that area of your skin with soap and water.

The sprayed area should be covered with clothing 2 minutes after application of the spray and then normal activities can resume. It is usually advisable to wait for more than one hour before using other creams on the area, including sun cream – as it may decrease the absorption of the estradiol.

Do not allow other people or pets to touch the area of the skin where the spray was applied for at least 60 minutes.

### About Doses

The most common dose for Lenzetto is between one and three sprays a day. However, many women need higher doses because their absorption of estrogen through the skin is different to other women. It is quite safe to use higher amounts and it is important to have the right dose of estrogen so that the right amount is absorbed into your body to replace the missing amount of estrogen. It is also very common for younger women to need higher doses of Lenzetto and this is safe.

Although this dose is higher than the licensed maximum dose, it is still safe. There are many medicines that we prescribe in a different way or different doses to the licensed recommendations.

It is also important to have adequate estrogen to improve your symptoms as well as to improve your future health. If women have levels of estrogen in their bodies that are low then this can increase their future risk of diseases such as heart disease, diabetes, osteoporosis and dementia.

If you forget to use Lenzetto at your normal time, use the spray as soon as you remember, and then use it as you normally would the next day.

If it is almost time for your next dose, just wait and apply the next dose as you normally would. Do not use a double dose to make up for a forgotten dose. Forgetting a dose may increase the likelihood of breakthrough bleeding and spotting.

## What are the advantages of estrogen spray compared to taking tablets?

The absorption of the spray is more reliable than taking it as a tablet because it goes straight into your bloodstream through your skin. There is no risk of blood clot using estrogen as a spray, whereas there is a small increased risk when taking synthetic estrogen as a tablet. In addition, women who have a history of migraines can still use estrogen as a spray (or gel, or patch) – in fact, they should not take it in tablet form.

Many women enjoy the flexibility of changing the dose depending on their symptoms. Often people find that their need for estrogen can increase or decrease with time – the dose of spray can alter accordingly. Changing the amount you spray should only be in consultation with your menopause clinician.

