

## What are the comparative benefits and harms of early HRT formulations versus current formulations?

While both early and current HRT formulations effectively manage menopausal symptoms, newer formulations, especially transdermal options, may offer reduced risk for cardiovascular disease and breast cancer compared to older oral formulations, provided treatment initiation is appropriately timed.

This summary presents the clinical bottom line. [Click here](#) to read the full evidence-based answer on AskTrip, including detailed rationale and references