**Limitations of Estrogen Replacement for Preventing Diseases of Estrogen Deficiency**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Self-Limitations** | | | **Comparative Limitations** | | | | |
|  | Time  Limits | Dosage  Limits | Duration  Limits | Diet & Lifestyle  Limits | Exercise  Limits | Vitamin, Mineral, &  Supplement  Limits | Herbal  Limits | Non-Hormonal Medication  Limits |
| **Heart Attack** | **+** | **+** | **+** | **-** | **-** | **-** | **-** | **+** |
| **Osteoporosis** | **+** | **+** | **+** | **-** | **+/-** | **-** | **-** | **+** |
| **Alzheimer’s** | **+** | **+** | **+** | **-** | **-** | **-** | **-** | **-** |