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

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|  | **Self-Limitations** | **Comparative Limitations** |
|  | TimeLimits | DosageLimits | DurationLimits | Diet & LifestyleLimits | ExerciseLimits | Vitamin, Mineral, &SupplementLimits | HerbalLimits | Non-Hormonal MedicationLimits |
| **Heart Attack** | **+** | **+** | **+** | **-** | **-** | **-** | **-** | **+** |
| **Osteoporosis** | **+** | **+** | **+** | **-** | **+/-** | **-** | **-** | **+** |
| **Alzheimer’s** | **+** | **+** | **+** | **-** | **-** | **-** | **-** | **-** |