

## **Progesterone Information Sheet**

Progesterone is one of the primary sex hormones, but has many other important functions in the body. It helps to develop and maintain integrity of bones and ligaments, and improves the flexibility and pliancy of skin. It improves libido (sex drive) and performance and improves quality of sleep (if these problems are related to hormonal insufficiency). Progesterone also maintains healthy vaginal lubrication and muscle tone, and improves memory retrieval and short-term memory problems when caused by hormonal insufficiency. Lack of Estrogen and Progesterone increase risk of heart attack substantially, and result in three times the risk of osteoporosis. Unopposed estrogen replacement (that is, replacing estrogen without also replacing progesterone) increases the risk of endometrial and uterine cancer, as well as a slight increase in the risk of breast cancer in women with a family history of breast cancer, Many of the irritability and PMS-like mood swings as well as bloating and water retention are alleviated with administration of progesterone. The same is NOT TRUE of the Progestins as a class, as they are not chemically identical to progesterone and can have lack of benefit or worsen a condition (such as heart disease)

In men, progesterone is used in smaller doses to enhance prostate health, as they occupy DHT receptors and can prevent DHT irritation of the prostate gland. They are also anti-inflammatory and reduce prostate swelling.

### **How supplied:**

This medication comes in a tablet, capsule or cream, but typically I use either transdermal gels, applied to fatty areas, or a compounded or prescribed pill taken usually at night. Sublingual lozenges and tablets are also available.

For men, a transdermal cream is supplied for application to the scrotal area just below where the prostate gland is.

### **How Administered:**

Pill or capsule is taken orally once a day, either a.m. or p.m., or a sublingual lozenge or tablet. The sublingual form should be placed between the cheek and gum or under the tongue and allowed to dissolve without chewing. You should refrain from drinking any liquids for at least 15 minutes after lozenge or tablet is completely dissolved.

### **Possible side effects:**

Some possible side effects include irritability nausea, breast tenderness or swelling. Sometimes breakthrough bleeding or irregular periods can occur, as well as depression or irritability. In the peri-menopausal state your own hormones could be fluctuating up and down and contributing to the symptoms, and some fine tuning might be required. If you have any questions or concerns about side effects after beginning progesterone replacement, please contact your physician. Generally, though, people feel better, have less anxiety and sleep better too.

### **Special instructions:**

Skipping doses of progesterone can cause breakthrough bleeding in women. If you are currently menstruating, please note that dosages administered for hormone replacement are not intended to provide contraception protection and should not be used for that purpose, as they may be an insufficient dosage to suppress ovulation.

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Your dosage is \_\_\_\_\_ taken as cream/ pill at night/ am/pm \_\_\_\_\_

If you have problems questions or concerns, contact us at 650-964-6700 [or tmrinker@aol.com](mailto:tmrinker@aol.com) and we will be glad to assist you