

PROGESTERONE:

YOUR HORMONE MAKEOVER GUIDE

Progesterone is an essential component of your Hormone Makeover plan. Often called the 'calming hormone,' progesterone works in harmony with estrogen to regulate many bodily functions. It's typically the first hormone to decline as we age, sometimes as early as our mid-30s. This handout is designed to help you understand the role of progesterone in your body, recognize signs of imbalance, and learn about its numerous benefits. Armed with this knowledge, you'll be better equipped to discuss your hormonal health with your provider and take an active role in your Hormone Makeover journey.

SYMPTOMS OF LOW PROGESTERONE:

- Irregular or heavy menstrual cycles
- PMS symptoms (mood swings, irritability, breast tenderness)
- Anxiety or depression
- Sleep disturbances or insomnia
- Headaches, especially premenstrual
- Hot flashes or night sweats
- Weight gain, especially around the midsection
- Bloating or water retention
- Decreased libido
- Fatigue
- Foggy thinking or difficulty concentrating
- Bone loss
- Fibrocystic breasts
- Increased risk of uterine fibroids or endometriosis

SYMPTOMS OF EXCESS PROGESTERONE:

- Drowsiness (especially with oral progesterone)
- Bloating
- Possible symptoms of estrogen deficiency (as progesterone can mask estrogen effects)
- Dizziness
- Mild depression
- symptoms

BENEFITS AND FUNCTIONS OF PROGESTERONE:

- Regulates menstrual cycles
- Balances the effects of estrogen
- Supports early pregnancy and fetal development
- Promotes calming effects and better sleep
- Supports bone health
- Helps maintain healthy blood pressure
- Has anti-inflammatory properties
- Supports thyroid function
- Protects against breast and uterine cancer
- Aids in fat metabolism
- Supports cognitive function and brain health
- Helps prevent excess fluid retention
- May help prevent and manage conditions like endometriosis and PCOS

IMPORTANT NOTES:

- Progesterone is often the first hormone to decline, sometimes as early as the mid-30s
- It plays a crucial role in preparing the uterus for pregnancy and maintaining early pregnancy
- Natural (bioidentical) progesterone is preferred over synthetic progestins
- Progesterone has a calming effect on the brain and can aid in sleep

USAGE AND SAFETY GUIDELINES:

- Progesterone can be prescribed in various forms: creams, oral capsules, and vaginal suppositories
- Oral progesterone is often taken at night due to its sedative effects
- For women who still have menstrual cycles, cyclic use of progesterone is often recommended
- Dosage and administration should be determined by your healthcare provider
- Regular follow-ups and hormone level testing are crucial for optimal results

LIFESTYLE FACTORS:

- Stress can significantly impact progesterone levels
- A healthy diet rich in vitamins B and C can support progesterone production
- Regular exercise may help balance hormones, including progesterone

Remember, your Hormone Makeover is a personalized journey. Always consult with your healthcare provider about any symptoms or concerns, and never adjust your hormone therapy without professional guidance. Proper balancing of progesterone with other hormones, especially estrogen, is key to achieving optimal hormonal health.

ADDITIONAL NOTES:
