



PROFESSIONAL PHARMACY

1555 S. Pilgrim St. Moses Lake WA,
98837
Phone 1-509-764-2314
info@MLRX.com

Progesterone

What is Progesterone?

Progesterone is the oldest known sex hormone, and is present in both men and women regardless of age. It is produced by the ovaries and the adrenal glands, and also is secreted by the corpus luteum (the outer layer of the female egg). Progesterone resides at the top of the metabolic hormone 'chain.' Below progesterone lies the stress hormone cortisol, and then also testosterone, aldosterone, as well as the three estrogens: estrone, estradiol, and estriol. Because progesterone resides at the top of this hormone chain, it not only can perform in its own capacity, but it can also be metabolized into any of these other hormones as the body needs.

Why has my provider prescribed Progesterone for me?

Today, progesterone is most commonly prescribed for menopausal women on Estrogen Replacement Therapy who have a uterus. Where estrogen causes tissues to proliferate, progesterone serves as an antagonist. This effect reduces out-of-control growth, which reduces the incidences of cancer.

Progesterone also counteracts other aspects of "Estrogen Dominance." It reduces or eliminates symptoms of breast tenderness, fluid retention, headaches, break-through bleeding, sleep disturbances, loss of scalp hair, weight gain (especially around the middle), irritability (moodiness), loss of libido, and other symptoms.

Progesterone is also prescribed to prevent or counter osteoporosis. Progesterone increases bone mass and density. Progesterone has been shown to increase bone mass up to 15%.

Progesterone is also commonly prescribed to regulate uneven, unpredictable, and heavy menstrual cycles, as well as other PMS issues such as excessive cramping. Women who suffer from these symptoms are greatly aided by progesterone supplementation.

Progesterone is also prescribed to aid conception and help maintain pregnancy. Many women are unable to produce enough progesterone in order to keep her egg or fetus viable.

Progesterone also lowers the LDL cholesterol levels. The LDL cholesterol is the 'bad' cholesterol, and by taking progesterone an individual may no longer have to be on their cholesterol medication, or potentially can reduce their cholesterol medication down to a lower strength.

Progesterone is also a natural anti-depressant. Progesterone is commonly prescribed for new moms who have post-partum depression, as well as all other individuals that fight with depression.

There are more reasons why your provider may have prescribed this hormone for you. Natural progesterone has numerous benefits.

Why has my provider prescribed compounded natural progesterone for me instead of all the other products available on the market?

Natural "Bio-identical" progesterone is very different than synthetic progestins. Natural progesterone is chemically identical to what our body naturally produces. In addition, by having the progesterone compounded by your pharmacy, your provider can prescribe doses that are specific and unique to your individual situation. Your compounding pharmacist can also put it in any form (capsule, cream, sub-lingual drops, etc.) you desire.

Other progesterone products out on the market can not say the same thing. The most popular progesterone supplement, Provera, is not chemically identical, and actually has repeatedly been shown to have numerous detrimental side effects. The Women's Health Initiative can be reviewed to learn how Provera (also known as Medroxyprogesterone Acetate) was shown to increase the risk of heart attack and stroke, increase ovarian cancer rates, and increase Coronary Heart Disease.

There is also a "Bio-Identical" progesterone out on the market known as Prometrium. This is an oral capsule of 100 mg natural progesterone encased in peanut oil. This product is much better than the others, but still does not offer women different options in dose and application. If a woman needs more or less than 100 mg, she can not get that specific dose. Also, if she is allergic to peanut oil she has no other alternative.

Therefore, your provider has prescribed this natural bio-identical progesterone because it is a better option for you in regards to safety and individuality.

Where does Progesterone come from?

It is derived from the sterols (fat) from wild yam and soy plants. These sterols are collected, and then are altered in the laboratory to be the "Bio-identical" form. For ladies allergic to soy or yams, there is no need to worry because the hormones have been so purified there is no residue left from the plants. These are FDA approved chemicals, and a prescription from your provider is required.

If these are derived from soy and yam plants and if I am not allergic to these plants, why don't I just take them instead? Aren't they safer and 'more natural?'

Over the counter herbal remedies are not consistent. The amount of hormones varies from brand to brand and from bottle to bottle. Not everyone can rely on over the counter remedies to help their individual situation. In addition, over the counter hormone supplements are limited to a low concentration. This means that one may not get the amount of hormones they need for their situation. Also, the plant hormones have a different chemical structure from our biological hormones. This means that our body has to modulate and metabolize the plant hormones in order to make them 'work,' and even so, they are not as effective as supplementing with our bio-identical natural hormones.

Is there risk with taking Progesterone?

Whenever you take hormones, there is risk. Hormones can feed cancerous cells. It is important to talk with your provider to make the right option for your individual situation. Bio-Identical HRT is not for everyone. However, it is logical to suppose the risk to be less than with hormones foreign to our body.

How do I take this Progesterone?

That depends on what form your provider prescribed. If in an oral capsule, you may take it without regard to meals. If sublingual drops or rapid-dissolve tablets, they are to be placed directly under the tongue and not in juice or water. Try not to swallow anything until the medication dissolves. If it is in a cream or gel, apply on a soft-skinned area. If it is in a vaginal cream, apply with the applicator as directed. Patients should follow directions exactly. If it is a vaginal or rectal suppository, insert according to your provider's instructions. *If a patient misses a dose, she should take the dose as soon as remembered. Patients should not take the dose if it is almost time for the next dose. Instead, patients should skip the missed dose and resume the usual dosing schedule. Patients should not double the dose.*

What are the side effects? Side effects include nausea, changes in menstrual flow, breakthrough bleeding, spotting, missing periods, breast tenderness, headache, acne, skin discoloration, drowsiness, blood sugar changes and thyroid changes. These side effects may be temporary and self-limiting.

For any questions, either talk to your healthcare provider or your pharmacist.

