

PROGESTERONE

WHAT IS PROGESTERONE?

Progesterone is one of two main hormones produced by the ovaries. More specifically, it is produced by the corpus luteum just after ovulation.

WHAT DOES PROGESTERONE DO?

Progesterone is responsible for preparing and maintaining the lining of the uterus in preparation for the fertilized egg. Progesterone secreted from the ovary is necessary for the survival of the ovum and the resulting embryo until the placenta takes over this production. The decline in progesterone each month triggers the menstrual cycle. Progesterone also aids in the function of thyroid hormones, helps maintain sex drive, improves mood, may help relieve hot flashes, protects against and helps reverse osteoporosis and protects against breast cancer and endometrial cancer. Progesterone and Estrogen are closely interrelated and their actions in the body are in a delicate balance.

WHAT IS THE DIFFERENCE BETWEEN “NATURAL” PROGESTERONE AND OTHER PROGESTINS?

Progesterone is the natural hormone produced by the ovaries. Progestin refers to the group of synthetic hormones (like medroxyprogesterone or Provera) that have actions similar but not identical to that of progesterone. Synthetic progestins are NOT prepared from natural progesterone.

WHAT IS NATURAL MICRONIZED PROGESTERONE?

Natural micronized progesterone is obtained from wild Yams or Soybeans as a precursor substance called diosgenin. This precursor is then converted in the lab to progesterone. **It is an exact chemical duplicate of the progesterone produced by the ovaries.** The term “micronized” refers to the small particle size of the progesterone itself, which greatly helps its absorption.

WHO SHOULD TAKE PROGESTERONE?

Any woman taking estrogen replacement therapy should take progesterone. It is also used to aid in conception during fertilization, to treat premenstrual symptoms and as an aid in the prevention of osteoporosis.

HOW DO I TAKE PROGESTERONE?

The oral capsules may be taken with or without food (with food if stomach upset occurs). The transdermal cream should be applied to “soft tissue” like the abdomen, inner thigh or the inner arm. The sublingual tablets or troches should be dissolved between the cheek and gum. The oil for injection should be injected intramuscularly, usually in the hip region.