



## Tahlequah Drug Compounding

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### Women's Health & Wellness

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#### **Back to the question at hand.....why does a woman need progesterone?**

Because progesterone balances estrogen out nicely. After menopause women make 30 to 40% of the estrogen they had before menopause. Only now that estrogen is made in fat cells instead of the ovaries. If you are 250 pounds, pudgy and big bosomed you may not need estrogen. However your body has no way to manufacture progesterone once you cease ovulation. I think of estrogen as the gas and progesterone as the brakes... you need both. If you give a woman estrogen not balanced by natural progesterone, I can guarantee 3 things will happen. Her hot flashes will go away, she will start to gain weight and her libido will go right out the door (she will lubricate nicely but who cares). However we have progesterone receptors throughout our body to balance or compliment the actions of estrogen.

**KIDNEYS:** Progesterone behaves like a natural diuretic because it blocks aldosterone. Recall estrogen (and cortisol in response to stress) can increase aldosterone release causing the body to store water and swell.

**THYROID:** Progesterone decreases thyroid binding globulin. Less bound thyroid means more available thyroid so your body's metabolism is more efficient. Estrogen increases TBG. More bound thyroid means that less active thyroid is available, which decreases metabolism and stores fat.

**BONES:** Progesterone stimulates osteoblasts and osteoblasts build bones. Recall that estrogen inhibits osteoclasts from breaking down bones. Here progesterone is working synergistically with estrogen.

**NERVES:** Progesterone assists in the myelination of nerves which increases concentration. 60 % of the body's progesterone is concentrated in our GABA receptors in the brain. GABA receptors help us maintain "an appropriate mood" and also help with depression and sleepless nights.

**How interesting? Perhaps many of us need to rethink the statement we learned in college or on rotations. "If a woman's uterus is removed, she doesn't need progesterone." OK.....the uterus may be removed but what about the progesterone receptors found throughout the rest of her body? Wouldn't ladies benefit from a good mental outlook, diuresis, strong bones, increased concentration, a thermogenic thyroid and a good night's sleep?**