

Guillermou

The purpose of this review is to highlight the evidence that progesterone is effective for hot flashes and night sweats (vasomotor symptoms, VMS), improves sleep, and is probably safe in menopausal women (more than 1 year since last menstruation). Methods include randomized controlled clinical trials (RCTs) supplemented by basic science, population-based, and observational data as necessary. The barrier to progesterone use is lack of awareness that concerns about the safety of estrogens, including "menopausal hormone therapy" (MHT), are not applicable to progesterone. In a single 3-month RCT, progesterone (300 mg at bedtime) was an effective treatment of VMS in 133 healthy menopausal women.

It caused an overall 55% decrease in VMS, no withdrawal-related VMS rebound, and a greater decrease in VMS in 46 women with 50 moderate-intensity VMS/week. Progesterone is equally or more effective than estradiol in improving cardiovascular endothelial function and did not cause cardiovascular safety concerns in a 3-month RCT. An 8-year prospective cohort study (E3N) in more than 80,000 menopausal women demonstrated that progesterone prevented breast cancer in women treated with estrogen.

Multiple RCTs confirm that progesterone (300 mg daily at bedtime) does not cause depression and improves deep sleep. In conclusion, progesterone effectively treats VMS, improves sleep, and may be the only therapy needed by symptomatic, menopausal women at a normal age and without osteoporosis. One study also reported that progesterone therapy may be especially applicable for perimenopausal women with frequent night sweats, sleep problems and difficulties coping.

www.tandfonline.com/.../13697137.2018.1472567 (2018).--- www.nature.com/.../s41598-023-35826-w (2023).--

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During their reproductive lives, women experience monthly hormonal changes during the menstrual cycle. Ovarian estradiol production dominates the follicular phase, while progesterone secretion peaks during the luteal phase. Hormonal fluctuations affect the entire female body, including the immune system. The immune system has to discriminate what is harmful from what is harmless. It is supposed to fight infections, but it does not overreact and risks autoimmunity. In this study it was shown that progesterone modulates the immune system, favoring a favorable cytokine profile. Additionally, progesterone inhibits mast cell degranulation and relaxes smooth muscle cells. Furthermore, evidence was found supporting the so-called window of vulnerability after ovulation, where immune functions are reduced and are mediated by progesterone.

link.springer.com/.../s00404-023-06996-9 (2024)

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sss7457

Wish I'd known this bck when; will share it w teen neighbors. Did run across progesterone yrs ago when on Armour thyroid & considering it2 help w nl brain/T3, hi TSH now. Gv info 2a peer way past menopause [my ph jst changed that to Men's pause LOL] w hot flashes/flushing (& constant tinnitus) possibly due2 Diet Coke & EMFs, both connected 2long car trips catching up ph calls w her pop. She eats fr OG garden@ home. This is the BEST source of usable, trusted health info. Kps me Rx-free & I eat better than EVER! Thx much Dr M!! Last lab had vit D of 90 going into winter-yea. Also luv ur fermented licorice powder, esp in raw kefir. licorice but not the sugar of only source I could formerly find: poor & worse candy.

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