



Women's Wellness Center  
www.womenswellnessnow.com

## Topical Progesterone

For many women, symptoms of PMS or peri-menopause can be relieved with a low dose of progesterone, one of the hormones made by the ovaries of pre-menopausal women. Night sweats, hot flashes, sleep disturbance, breast tenderness, heavy menstrual periods, anxiety, and mood swings are a few of the symptoms that, for some women, can be responsive to topical progesterone. This is a compounded prescription cream containing bio-identical progesterone, meaning the hormone is an exact match to progesterone normally secreted by the ovary.

### How to Use Topical Progesterone:

The cream is supplied in a special dispenser called a topi-click. Twist the dial at the bottom for a measured dose to be delivered through a hole in the top. Apply the cream as directed to soft skin of abdomen, inner arms, inner thighs, or behind knees. If breast tenderness is being treated with topical progesterone you may use the cream directly on the skin of the breasts.

- If you have been directed to use the cream in a cyclic fashion, then apply in the evening starting on the 12<sup>th</sup> day of your cycle (cycle day one being the first day of your menstrual period). Apply the cream every night from cycle day 12 through cycle day 25 (14 days).
- If you feel your best when using the cream and want to use it more than 14 days a month, use it every evening on cycle day 1-25.
- Using the cream continuously every day (instead of cyclic use) can sometimes cause irregular bleeding, so this method is usually reserved for those who don't have that concern (Ex. post-menopause, post-hysterectomy/endometrial ablation).

### When to Expect Results:

Some will notice results the very first cycle, others after 2-3 months of use. It depends on the individual and the symptoms being treated. Some will not have improvement in symptoms, and it may be recommended to try a more potent form of progesterone (oral or vaginal delivery).

### Potential Side Effects or Risks:

Side effects are uncommon with topical progesterone – it is a very mild form of treatment. Some women experience one or more of the following: sleepiness, headaches, mood changes, bloating, irregular menses, or acne. There is no report of increased cancer risk or other significant health risk from using topical progesterone.

### Caution...

For postmenopausal women using estrogen replacement therapy, a minimum level of progesterone is needed to protect the uterus from overstimulation by estrogen. This minimum dose cannot be obtained through the use of topical progesterone, because the hormone is not absorbed into the bloodstream in high enough levels for uterine protection. Women using systemic estrogen therapy (ex. estrogen patch, skin gel or cream, injection, or pills) will need to use a more potent form of progesterone (oral or vaginal delivery) along with their estrogen. Use of the systemic estrogen with no progesterone or with only topical progesterone can increase the risk of uterine cancer.