

SOME ACTIONS OF PROGESTERONE

1. Governs the second half or luteal phase of your menstrual cycle.
2. Prepares for and maintains pregnancy.
3. Helps control abnormal menstrual bleeding by preventing your uterine lining from sloughing off prematurely.
4. Stimulates production of nutritional secretions in your fallopian tube to feed your fertilized egg prior to implantation.
5. Activates certain cells in your breast to assist in producing milk.
6. When pregnant, it is secreted in high doses by the placenta. If progesterone is low, miscarriage can occur.
7. It increases your body temperature around ovulation.
8. Builds new bone.
9. Elevates blood sugar.
10. Promotes breakdown of fats.
11. When progesterone levels are high, you might feel depressed.

SOME ACTIONS OF ESTROGEN

1. During the first half of your cycle it rebuilds the lining of your womb.
2. It stimulates the production of special mucus by your cervix to assist sperm in fertilizing your egg.
3. Is responsible for breast development.
4. Enhances HDL (“good”) cholesterol levels.
5. Retards bone loss.
6. Excessively high estrogen levels may contribute to fibrocystic breast disease, endometriosis, PMS mood swings, infertility and painful cramping periods.
7. Lowers blood sugar.
8. Promotes fat production.
9. Creates anxiety, when too high.

FACTS YOU SHOULD KNOW

Synthetic names of estrogen and progesterone

<u>Brand</u>	<u>Types of estrogen</u>
Premarin	Conjugated equine estrogens (urine from pregnant mares)
Estrace	Micronized Estradiol
Estratab	Esterified estrogens
Ogen	Estropipate
Estinly	Ethyinyl estradiol
Estrovis	Quinestrrol

Estrogen Vaginal Creams

Premain	Conjugated equine estrogen
Estrace	17 beta-estradiol
Ogen	Estropipate
Ortho Dienestrol	Dienestrol

Progestogen (synthetic progesterone)

Provera	Medroxyprogesterone acetate
Curretab	Medroxyprogesterone acetate
Cyrin	Medroxyprogesterone acetate
Amen	Medroxyprogesterone acetate
Aygestin	Norethindrone acetate
Norlutate	Norethindrone acetate
Norlutin	Norethindrone
Megace	Megesterol acetate
Oveerette	Norgestrel
Micronor	Norethindrone
Nor-Q.D.	Norethindrone, micronized oral progesterone