

Table 3: PMS Hormone Treatment Chart

HORMONE	TYPE	DOSAGE	BENEFIT	REMEDY FOR SIDE EFFECTS	POSSIBLE SIDE EFFECTS
Natural progesterone	<u>Cream</u> which can be administered via the skin or inserted high up into the vagina last thing at night.	The average dose is 50mg daily but the dose may range from 10mg to 200mg daily. Given for approximately 14 days before the onset of menstrual bleeding.	Relief of the symptoms of the premenstrual syndrome such as mood disorders, pelvic congestion, migraines, heavy bleeding, menstrual pain and fatigue. May reduce breast pain. May increase fertility. May alleviate post natal depression.	Reduce the dose until side effects disappear. Talk to your compounding pharmacist if the cream causes irritation of the skin or vagina, as a different base for the cream can be used.	Some breakthrough bleeding if doses are excessive. Breakthrough bleeding is more likely to occur if the cream is inserted into the vagina. When used vaginally some vaginal irritation may occur if the base of the cream is unsuitable. Excessive doses can lead to bloating and drowsiness.
Natural progesterone	<u>Injections</u> given into the buttocks	25 to 100mg daily given intramuscularly. Given for the 14 days before menstrual bleeding.	Relief of the symptoms of the premenstrual syndrome such as mood disorders, pelvic congestion, migraines, heavy bleeding, menstrual pain and fatigue. May reduce breast pain. May increase fertility. May alleviate post natal depression.	Change to creams or troches of progesterone instead of injections.	The injections are oily so that they act as a slow release depot of progesterone. They may cause tenderness and lumpiness in the buttocks. Some breakthrough bleeding and fluid retention.
Natural progesterone	<u>Troches</u> which are lozenges that are placed between	The average dose is 50mg daily but the dose may range from 25 to	Relief of the symptoms of the premenstrual syndrome such as mood	Reduce the dosage of hormones in the troche, or change to the	If doses are excessive some breakthrough bleeding, drowsiness and fluid retention may occur. In

	the upper gum and the cheek. They slowly dissolve through the mucous membrane of the cheek and the progesterone is absorbed directly into the circulation. Do not suck, chew or swallow the lozenges. They come in a variety of flavours. Capsules containing micronised progesterone can be swallowed.	200mg daily. Given for the 14 days before menstrual bleeding.	disorders, pelvic congestion, migraines, heavy bleeding, menstrual pain and fatigue. May reduce breast pain. May increase fertility. May alleviate post natal depression	progesterone cream.	some women the troche may produce irritation of the gum. In allergy-prone people the troches may cause allergic type symptoms such as rashes and swelling. The progesterone cream is best used in allergy-prone people. If the troches contain sugar they may increase dental caries.
Semi-natural progesterone called Dydrogesterone (also known as Duphaston) It is a mirror image (retro-isomer) of natural progesterone.	Tablets 10mg	Given in a dose of 5 to 20mg daily for the 14 days before menstrual bleeding.	Reduces heavy painful menstrual bleeding. Useful for reducing endometriosis. May reduce premenstrual mood disorder, although not nearly as effectively as natural progesterone does.	Reduce the dose or change to natural progesterone.	Because it is not entirely natural it may cause some side effects such as weight gain, fluid retention and moodiness. Dydrogesterone is more likely to cause these side effects, as it is not identical to natural progesterone. Some women find it excellent, while others find it ineffective, so some trial and error may be needed.
Synthetic progesterone (also known as progestogens)	Common examples are norethisterone, norgesterol, and medroxy-progesterone acetate tablets.	These tablets can be given every day, or for the 14 days before menstrual bleeding begins. The dosage varies depending upon the brand of tablet and the medical reason for which it is prescribed.	Reduce heavy and/or painful periods. Helpful for endometriosis. May reduce breast tenderness.	Reduce the dose or change to natural progesterone.	These synthetic progestogens have a slightly masculine effect, which may result in weight gain, pimples, greasy skin and hair. Some brands may cause fluid retention, moodiness, depression and elevation of cholesterol. They often make depression and other mood disorders much worse.