



Finding Your Optimal Dose

Hormone Replacement Therapy

*These symptoms can have more than one cause. When in doubt, call your provider.

Do not exceed your provider's suggested maximum dosages.

Hormone Name	Too Little	Too Much
Progesterone	<ul style="list-style-type: none"> · Sleep disturbance* · Increased anxiety · Mood disturbances (sometimes severe) · Hot flashes* · Breast tenderness · New &/or enlarged breast lumps · Water retention* · Difficulty relaxing · Decreased libido* · Period irregularities (if still menstruating) · PMS, fibroids, &/or endometriosis 	<ul style="list-style-type: none"> · Drowsiness · Waking up groggy &/or edgy · Sense of physical instability · Hot flashes* (if very excessive dose) · Feeling depressed · Slight dizziness · Leg discomfort/pain · Water retention*
Testosterone	<ul style="list-style-type: none"> · Diminished libido* · Loss of sense of security · Body hair loss · Diminished energy/stamina · Flabbiness/muscular weakness 	<ul style="list-style-type: none"> · Hyper-aggressiveness · Excessive oiliness of skin · Increased pimples/acne · Increased hair growth on body, face, &/or place of application
Estrogen	<ul style="list-style-type: none"> · Warm rushes/Hot flashes* · Night sweats · Sleep disturbance* · Mental fogginess &/or forgetfulness · Weight gain (thighs, hips &/or buttocks) · Dry vagina, eyes &/or skin · Diminished sensuality & sexuality* · Sense of normalcy only during 2nd week (if cycling) · Temperature swings · Racing mind at night · Fatigue or reduced stamina · Episodes of rapid heartbeat &/or palpitations · Pain during intercourse · Loss of glow · Back &/or joint pain · Intestinal bloating · Headaches &/or migraines 	<ul style="list-style-type: none"> · Breast tenderness* · Breast fullness · Impatient but clear of mind · Pelvic cramps (w/ or w/o bleeding) · Nipple tenderness · Malaise · Water retention (swollen fingers, legs, &/or ankles) · Hot flashes* (if excessive dose)