

## **Finding Your Optimal Hormone Dose**

While taking bio-identical hormone replacement therapy (BRHT), finding your optimal dose will greatly improve symptoms, as well as help tip the scale in your favor longevity and quality of life wise. It is clear in the current research that replenishing our hormones with optimal doses of estrogen (and progesterone and testosterone) is heart, brain, and bone protective in the long run (it certainly promotes vaginal health as well). In other words; your body is talking to you; do yourself a favor and don't ignore it. Taking care of your symptoms will maximize your chances at a quality of life for the next 40-50 years of your life.

Here is a list of symptoms that will help you determine if you might be taking too little or too much of estrogen, progesterone and testosterone. This list comes from the book *Happy Healthy Hormones. How To Thrive In Menopause*, by Daved Rosensweet, MD, pioneer expert in feminine hormones and medical director of the Institute of Bio-identical Medicine. I also added some symptoms reported by my patients over the years in private practice.

Why is this list important ? As you've probably heard before, hormones fluctuate greatly. During perimenopause, it is very common for prescribers to adjust the dose periodically (sometimes every 2-3 months). Therefore, coming to your prescriber's office with a list of your symptoms can certainly help identify what needs to be increased or decreased. ....Until the next time. But don't despair; according to experts in the field, as you advance in menopause, the fluctuation lessens, resulting in less necessary changes in your prescriptions.

For the time being, I suggest you print these below and put them up on your refrigerator as a reference.

## ESTROGENS

### Too Much :

Breast tenderness	Nipple tenderness	Water Retention
Impatience but clear of mind	Pelvic cramps	
Hot flashes (excessive dose)	Malaise	

### Too Little:

Night sweats	Sleep disturbance	Fatigue/reduced stamina
Warm rushes	Hot flashes	Temperature swings
Dry vagina	Joint pain	Weight gain
Pain during intercourse	Back pain	Racing mind at night
Loss of glow	Mental foginess	Dry eyes, skin, ears
Headaches/migraines	Intestinal bloating	Diminished sensuality
Diminished sexuality	Depression	Anxiety

## PROGESTERONE

### Too Much:

Tiredness	Drowsiness	Hot flashes (if very excessive)
Waking up groggy or edgy		Feeling depressed
Slight dizziness	Water retention	Leg discomfort
Sense of physical instability		

### Too Little:

Sleep disturbance	Difficulty relaxing	Hot flashes
Breast tenderness	New &/or enlarged breast lump	

Increased anxiety	Mood disturbance	Decreased libido
Water retention	Period irregularities (if still menstruating)	

## TESTOSTERONE

### Too Much:

Hyper-aggressiveness	Increased hair growth on body-face-application site
Increased acne or pimples	
Excessive oiliness of skin	

### Too Little:

Diminished energy/stamina	Flabbiness/ muscular weakness
Diminished mental focus	Loss of sense of security
Body hair loss	Diminished libido

## References:

Rosensweet, D. (2022) *Happy Healthy Hormones. How To Thrive In Menopause.* (7th Edition).  
Daved Rosensweet MD.