

Progesterone poignancies

- Progesterone is of core importance
- Achieving adequate TD dosage is often a challenge
- mg needed are comparatively high
- Dermal fatigue exists
- Transdermal, Trans labial/vaginal & oral forms are needed in your tool kit
- Transvaginal Ultrasound can be important in monitoring
- Oral Progesterone doses > 75 mg..... ?

Progesterone is in various states of balance with estrogens

Often, in practice, imbalance

Mostly, being deficient with respect to estrogen

Progesterone: What is optimal dose?

a dose sufficient to prevent endometrial hyperplasia

- as discovered on transvaginal ultrasound

5mm or <....?

4mm or <....?

3mm or <

with no irregularities

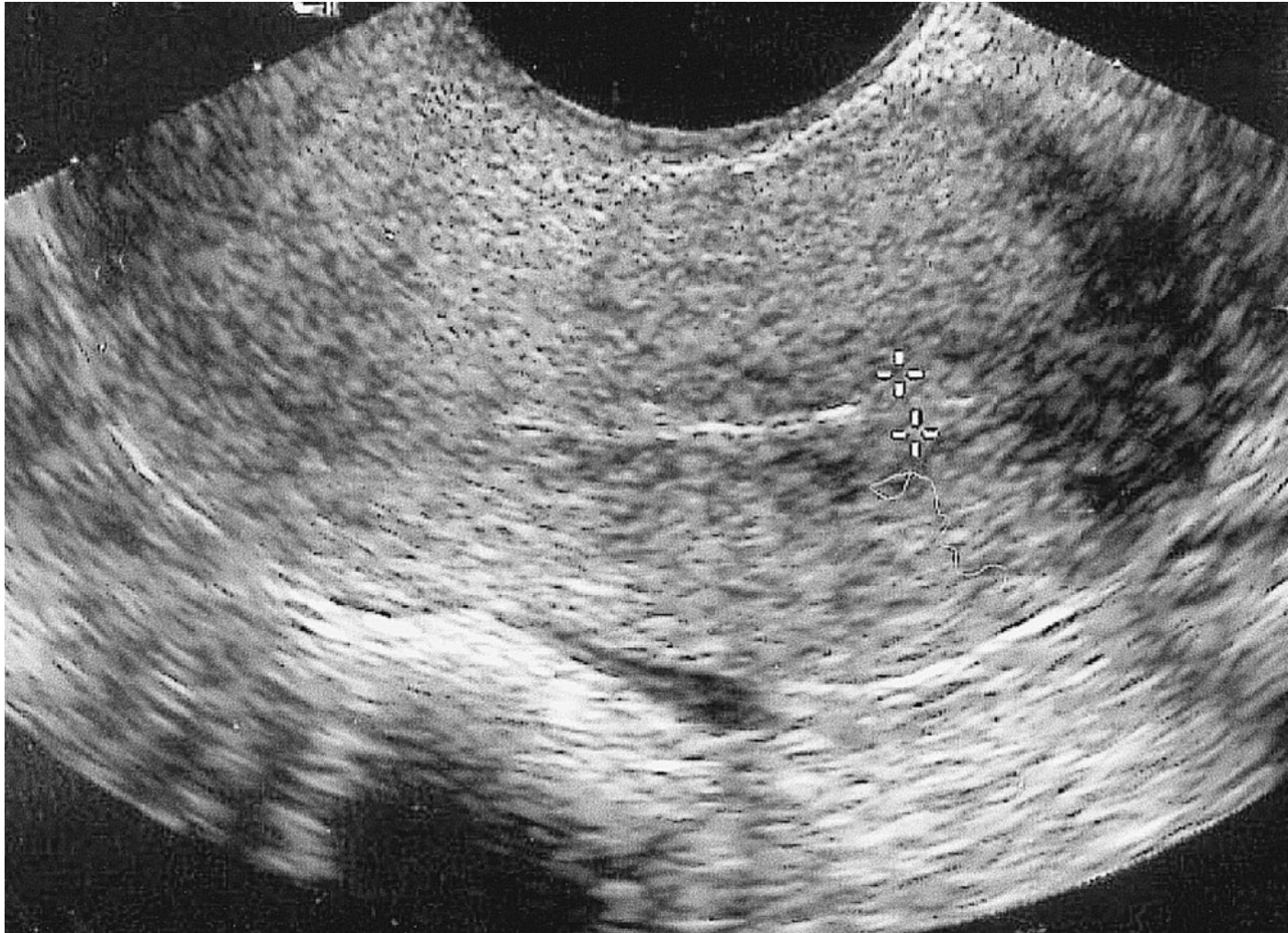


- other Tools

hysteroscopy....?

endometrial biopsy....?

Good-quality sagittal transvaginal US image adequately demonstrates the endometrium



Radiology

Bredella M A et al. Radiology 2000;217:516-520