

Summary Chart for Hormone Excesses and Deficiencies

Estrogen		Progesterone		Testosterone	
Excess	Deficiency	Excess	Deficiency	Excess	Deficiency
More periods	Fewer periods	Fatigue	Irregular periods	Mood swings	Lack of energy
Nausea	Hot flashes	Drowsiness	Heavy periods	Acne	Decreased sex drive
Vomiting	Night sweats	Depression	PMS	Facial hair	Orgasmic difficulty
Breast pain/tenderness	Insomnia		Anxiety	Deep voice	Thinning pubic hair
Weight gain	Fatigue		Migraines	Weight gain	Decreased muscle mass
Bloating	Forgetfulness			Increased sex drive	Bone loss
Depression	Mood swings				Decreased feelings of well-being
Vaginal yeast infections	Irritability				
Headaches	Joint pain/stiffness				
Leg cramps	Dry skin				
	Hair loss				
	Vaginal dryness				
	UTIs				
	Urinary Incontinence				
	Decreased sex drive				

Typical Sequence of Events

Early Peri-Menopause	Late Peri-Menopause & Early Post-Menopause	Late Post-Menopause
Progesterone Deficiency	Estrogen Deficiency	Testosterone Excess
Irregular periods	Fewer periods	Mood swings
Heavy periods	Hot flashes	Acne
PMS	Night sweats	Facial hair
Anxiety	Insomnia	Deepening voice
Migraines	Fatigue	Weight gain
	Forgetfulness	Increased sex drive
	Mood swings	
	Irritability	
	Joint pain/stiffness	
	Dry skin	
	Hair loss	
	Vaginal dryness	
	UTIs	
	Urinary Incontinence	
	Decreased sex drive	