



# Glen Ellyn Pharmacy Health Care Shoppes

Robert E. ListECKI, Pharmacist

**Diabetes Shoppe®**  
serving the patient  
with diabetes

**Drug-Trax®**  
**Clinical Services**  
"the smartest way to  
take medicine"

**Compounding  
Specialties**  
helping doctors solve  
medicine problems

**Health at Home**  
medical equipment  
and services delivered  
to the home

**Alternative  
Health**  
homeopathic,  
vitamins, herbal and  
plant supplements

## Symptoms List Chart\*

Patient \_\_\_\_\_  
Date \_\_\_\_\_

### Lack of Progesterone

- Headache
- Low libido
- Anxiety
- Swollen breasts
- Moodiness
- Fuzzy thinking
- Depression
- Food cravings
- Irritability
- Insomnia
- Cramps
- Emotional swings
- Painful breasts
- Weight gain
- Bloating
- Inability to concentrate
- Early menstruation
- Painful joints
- Asthma
- Acne

### Lack of Estrogen

- Hot flashes
- Shortness of breath
- Night sweats
- Sleep disorders
- Vaginal dryness
- Dry skin
- Anxiety
- Mood swings
- Headache
- Depression
- Memory loss
- Heart palpitations
- Yeast infections
- Vaginal shrinkage
- Painful intercourse
- Inability to reach orgasm
- Lack of menstruation

### Excess Progesterone

- Drowsiness
- Breast swelling
- Nausea
- Depression
- Foggy thinking
- Oily skin
- Increased acne
- Excess facial hair

### Excess Estrogen

- Water retention
- Fatigue
- Breast swelling
- Fibrocystic breasts
- Premenstrual-like mood swings
- Loss of sex drive
- Heavy or irregular menses
- Uterine fibroids
- Craving for sweets
- Weight gain

\* These lists are not all inclusive.

## Symptoms List Chart\*

### Lack of DHEA and/or testosterone

- Decreased sense of personal well-being
- Blunted or diminished motivation
- Depression
- Anxiety
- Low libido (sex drive)
- Memory lapses
- Bone loss
- Vaginal dryness
- A decrease in the perception of clitoral sensations
- Markedly diminished orgasms
- Incontinence
- Fatigue

### Excess of DHEA and/or testosterone

- Hair growth on the face
- Hair loss on the head
- Acne
- Oily skin
- More muscle mass
- Thicker waist
- Smaller hips

\*These lists are not all inclusive

### Maintaining a healthy DHEA level:

- Exercising
- Meditation
- Stress reduction
- Vitamin C, A, pantothenic acid, herbals (i.e. licorice)
- Good diet (more protein, less sugar)
- Healthy lifestyle

### DHEA:

- Production peaks between 20-25 years of age
- Men produce more than women
- Both sexes make about 2% less every year after age 25
- Adequate DHEA levels help protect against osteoporosis
- DHEA in excess can have masculinizing effects on women
- Onset of diseases (cancer, heart disease, allergies, diabetes, autoimmune disease) correlate with drop in DHEA levels

\*Blood or saliva test to measure DHEA levels (sulfur bound form)

\*Normal blood range:

- Women between 40-50 years old: 400-2500ng/mL
- Women >50 years old: 200-1500ng/mL

\*Average dose of DHEA: 5-10mg/day

\*Saliva test should be done 6 months after supplementing DHEA if symptoms do not improve

\*Therapy with testosterone is often ineffective in restoring libido if the patient exhibits estrogen dominance. When the imbalance in estrogen and progesterone is corrected, testosterone is effective in restoring libido.

### References:

- Davis SR. Androgens and female sexuality. *J Gend Specif Med.* 2000 Jan-Feb;3(1):36-40.  
Davis SR. Testosterone deficiency in women. *J Reprod Med.* 2001 Mar;46(3 Suppl):291-96.  
Guay AT, Jacobson J. Decreased free testosterone and dehydroepiandrosterone-sulfate (DHEA-S) levels in women with decreased libido. *J Sex Marital Ther.* 2002;28 Suppl 1:129-42.  
Guay AT. Decreased testosterone in regularly menstruating women with decreased libido: a clinical observation. *J Sex Marital Ther.* 2001 Oct-Dec;27(5):513-9.  
Lee JR, Zava D, Hopkins V. What your doctor may not tell you about breast cancer. Warner Books: New York, NY. 2002.  
Villareal DT, Holloszy JO, Kohrt WM. Effects of DHEA replacement on bone mineral density and body composition in elderly women and men. *Clin Endocrinol (Oxf).* 2000 Nov;53(5):561-8.

Done by: Silkia J. Capo, PharmD Candidate