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# Low Progesterone & Thyroid Symptoms

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## Low Progesterone

Progesterone is a hormone produced by the ovary and by the corpus luteum after ovulation and encourages the growth of the lining of the womb, according to Human Fertilisation & Embryology Authority. When progesterone starts to drop, some women experience menstrual irregularity. The intervals between periods may become longer or shorter than normal as ovulation becomes more erratic. The amount of blood may also change. Early perimenopause is defined as a change in the menstrual cycle duration of more than seven days and late perimenopause is characterized by two or more missed periods as well as an interval of 60 days or more between periods, according to MayoClinic.com. Hot flashes are common and about 65 to 75 percent of women experience them, particularly during late perimenopause. Sleep problems are frequently observed, sometimes due to hot flashes or night sweats. Some women experience mood changes, including increased irritability and depression. Sleep disruption can exacerbate mood swings. Other symptoms of low progesterone include decreasing fertility, changes in sexual function, bone loss and changing [cholesterol](#) levels. Menopause is natural, but if symptoms become severe and interfere with daily life, medical attention should be sought.

## Low Thyroid

Low thyroid, or hypothyroidism, is a condition in which the thyroid gland generates insufficient amount of thyroid hormones. The thyroid gland is found below the larynx in the front of the neck. Thyroid hormones control and manage metabolism. Risk factors for hypothyroidism include age over 50 years and being female, according to MedlinePlus of the National Institutes of [Health](#). Symptoms include sensitivity to cold, heavier menstrual periods, unintentional weight gain, slow speech and voice pitch change.

## Concurrence and Interactions

Common symptoms of hypothyroidism are similar to symptoms related to low progesterone, according to MayoClinic.com. This fact can sometimes create confusion and different tests are necessary to identify the real cause. Furthermore, after menopause, women tend to have a significantly higher rate of hypothyroidism, according to The North American Menopause Society. Reversely, recent studies have also shown that women with hypothyroidism are more likely to experience [high cholesterol](#) levels and other menopausal symptoms. The exact interactions between thyroid hormones and progesterone are still under investigation.

## References

- [The North American Menopause Society: Is it Perimenopause or Thyroid Disease?](#)
- [Human Fertilisation & Embryology Authority: Glossary](#)
- [MayoClinic.com: Perimenopause](#)
- [MedlinePlus: Hypothyroidism](#)
- [MayoClinic.com: Menopause: Tests and Diagnosis](#)

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