

ESTROGEN DOMINANCE

- Refers to an excess of estrogen relative to progesterone
- It is common in women:
 - of reproductive years
 - that have PMS
 - with menopause
 - with hormone replacement therapies (HRT)
- It is worsened by:
 - Poor estrogen metabolism
 - Poor diet
 - Insulin resistance
 - Anovulation



There are 3 types of estrogen:

1) E1 Estrone

- 50 – 70% less active than E2 and produced mainly in the fat cells

2) E2 Estradiol

- the most potent and most active form of estrogen
- produced mainly by the ovaries

3) E3 Estriol

- 10% of the activity of E2
- cannot be converted to E1 or E2
- shortest binding time to estrogen receptors

Cumulative estrogen exposure is the most important risk factor for breast cancer.

The Risk increases with:

- early onset menarche
- late menopause
- long term use of birth control pills
- hormone replacement therapies ie: premarin & prempo
- estrogen unbalanced by progesterone

Side Note: Progestins (synthetic progesterone) are not bioidentical progesterone. They have a different molecular structure. Progestins do not have the same effect as progesterone. Progestins have many side effects.