

# High Progesterone Level Symptoms

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The hormone progesterone has a very important job in the body. Any fluctuations in progesterone levels can be the reason behind many **uncomfortable signs and symptoms**. For example, progesterone is a vital hormone when women are trying to become pregnant, so if there is a deficiency, there may be trouble conceiving.



There is a different scenario when their levels are high. When women are pregnant or ovulating, progesterone levels become high normally. However, high progesterone levels also can be caused by a **poor diet and a lack of exercise**. Continue reading to find out more about the characteristics and symptoms of high progesterone.

## Signs that Indicate High Progesterone Levels



There are different signs that women can look out. The first sign that a woman usually has of high progesterone levels is **muscle weakness**. Very often a woman with high progesterone will find she feels tired for no apparent reason. Other signs of high progesterone levels are **vaginal dryness** and a **high body temperature**.

## Common Symptoms of High Progesterone Levels

The signs of high progesterone are the measurable effects that elevated progesterone levels have on the body, whereas the symptoms are the subjective effects. There are many common symptoms of high progesterone that can help doctors to diagnose the imbalance, such as:

- Breast tenderness
- Mood swings

- Anxiety
- Depression
- Bloating
- And loss of libido

While most women with high progesterone levels experience the above mentioned common symptoms, there are other less frequent symptoms that some women might have.

### Other Symptoms of High Progesterone Levels

Although uncommon, some experience the following symptoms when they have high progesterone levels. It is important to pay attention to these measurable changes in the body since they could also be related to other conditions.



- Acne and greasy skin
- Weight gain
- Hot flashes
- Urinary infections
- Headaches
- Incontinence

All of the symptoms mentioned, common or not, can cause great discomfort. Therefore, after having identified those symptoms as related to high progesterone levels, the next step is to find relief. Fortunately for women, there are different possibilities to alleviate such symptoms. To learn about them, go to [treatments for high progesterone levels](#).