Estriol vs. Estradiol on Skin

Introducing Estriol and Its Benefits

I don't particularly like estradiol E2 I don't particularly like estradiol E2 on the skin, especially on the face, as on the skin, especially on the face, as I feel like it goes more into the I feel like it goes more into the bloodstream and that can skew your own bloodstream and that can skew your own HRT or actually raise your um serum HRT or actually raise your um serum Estriol cream for your face. Hi, I'm Dr.

Estriol cream for your face. Hi, I'm Dr. Valerie Davidson from the Progress Your Valerie Davidson from the Progress Your Health podcast. Health podcast.

>> And I'm Dr. Mackey from the Progress >> And I'm Dr. Mackey from the Progress Your Health podcast. Uh so this one Your Health podcast. Uh so this one we're going to dive right in. We're we're going to dive right in. We're going to talk about, as you mentioned, going to talk about, as you mentioned, estriol.

estriol. estriol. Um we've been using estriol for 20 Um we've been using estriol for 20 years. So, um why why do you like years. So, um why why do you like estriol?

estriol? estriol? >> Well, estriol So, there's three >> Well, estriol So, there's three different estrogens. There's estrone E1, different estrogens. There's estrone E1, estradiol E2, and then estriol E3. And estradiol E2, and then estriol E3. And estriol is very gentle, but it's really estriol is very gentle, but it's really good for the face and for the skin.

good for the face and for the skin. Also, vaginal tissues, which we'll do Also, vaginal tissues, which we'll do another podcast on that. But, it's another podcast on that. But, it's really nice to help with fine lines and really nice to help with fine lines and it helps with plumping. It helps keep it helps with plumping. It helps keep that lipid um that lipid membrane on the that lipid um that lipid membrane on the skin really nice and intact and also skin really nice and intact and also helps um the collagen start to fill in.

helps um the collagen start to fill in.

Why Estriol Is Preferred for Facial Use

>> Yeah, um I mean >> Yeah, um I mean women don't really like the women don't really like the the changes that happen um to the skin the changes that happen um to the skin as time goes uh forward, but estrogen as time goes uh forward, but estrogen just in general has a plays a big role just in general has a plays a big role there.

there. there. >> Absolutely. I mean, it's funny. I I'll >> Absolutely. I mean, it's funny. I I'll tell women, you know, I'll um or tell women, you know, I'll um or patients, you know, I'll prescribe it patients, you know, I'll prescribe it for them and they'll say, "Oh, I wish I for them and they'll say, "Oh, I wish I could just put my whole body in it." Cuz could just put my whole body in it." Cuz it it But, it is really nice for the it it But, it is really nice for the face. I've been using it. I have face. I've been using it. I have patients that I've been having patients patients that I've been having patients use it. There's different ways to do it use it. There's different ways to do it and I know that there's some uh and I know that there's some uh moisturizers out there that have estriol moisturizers out there that have estriol in there. You can get that as a in there. You can get that as a prescription.

prescription. prescription. I like it in a way where you get the I like it in a way where you get the estriol. For example, I brought a little estriol. For example, I brought a little prop here. This is my estriol cream in a prop here. This is my estriol cream in a Toppik lid container. So, the estriol I Toppik lid container. So, the estriol I like it just on its own cuz every like it just on its own cuz every woman's a little different. Some women woman's a little different.

Some women um you know, they like their own you um you know, they like their own you know, their own products. So, if they're know, their own products. So, if they're buying a moisturizer, they're like, buying a moisturizer, they're like, "But, I like my other moisturizer." So, "But, I like my other moisturizer." So, a lot of times I'll do it as, you know, a lot of times I'll do it as, you know, as is here, and then you can put it on as is here, and then you can put it on and then put your own facial products and then put your own facial products over the top of it.

over the top of it. >> Right. Uh so, uh >> Right. Uh so, uh um of course, you're using it as a way um of course, you're using it as a way to minimize wrinkles and things like to minimize wrinkles and things like that. So, um what's the background that. So, um what's the background there? What is the estradiol actually there?

How to Apply Estriol Cream

What is the estradiol actually are the estriol actually doing? are the estriol actually doing? >> Yeah, so it definitely helps with the >> Yeah, so it definitely helps with the collagen, so it helps with the collagen collagen, so it helps with the collagen fill-in, but it doesn't go into the fill-in, but it doesn't go into the bloodstream. So, that's why I don't bloodstream. So, that's why I don't particularly like estradiol E2 on the particularly like estradiol E2 on the skin, especially on the face, is I feel skin, especially on the face, is I feel like it goes more into the bloodstream like it goes more into the bloodstream and that can skew your own HRT or and that can skew your own HRT or actually raise your um serum levels of actually raise your um serum levels of estradiol in your blood. But, I do like estradiol in your blood. But, I do like it as estriol cuz it's not going to skew it as estriol cuz it's not going to skew with that. And just because I'm kind of with that. And just because I'm kind of a spotty girl, I you know, I have a a spotty girl, I you know, I have a little skin hyperpigmentation, is I little skin hyperpigmentation, is I always worry about putting that always worry about putting that estradiol on my face and then going out estradiol on my face and then going out in the sun. So, I don't know if that's in the sun. So, I don't know if that's just my own little thing. I like it as just my own little thing. I like it as the estriol. Like I was saying, you want the estriol. Like I was saying, you want it to be you want to have a good dose of it to be you want to have a good dose of it. Like you don't want just a tiny it. Like you don't want just a tiny little bit of estriol on your face. You little bit of estriol on your face. You want a a a good dose. So, usually now want a a a good dose. So, usually now this is for What is this? Um for this is for What is this? Um for education, not for medical advice. But, education, not for medical advice. But, typically I'll go anywhere between like typically I'll go anywhere between like 2 mg even up to 4 mg of 2 mg even up to 4 mg of estra um estriol. And I estra um estriol. And I I you don't have to apply it twice a day I you don't have to apply it twice a day like you would your maybe your biased like you would your maybe your biased cream or your estradiol transdermal cream or your estradiol transdermal cream. You can just apply it once a day, cream. You can just apply it once a day, whether it's in the morning or in the whether it's in the morning or in the evening.

Dosing, Packaging, and Practical Tips

evening. evening. If you're going to use it before, you If you're going to use it before, you know, if you put serums on. I know some know, if you put serums on. I know some people like to use like vitamin C serum people like to use like vitamin C serum and put your serums on first and then and put your serums on first and then you can put your estriol on afterwards.

you can put your estriol on afterwards. >> Uh and is there a reason of the of the >> Uh and is there a reason of the of the order there? order there? >> I think the um like vitamin C can break >> I think the um like vitamin C can break down really easy if you're doing a serum down really easy if you're doing a serum on that. So, so I always say yes, serums on that. So, so I always say yes, serums first, then do your estriol, and then first, then do your estriol, and then you can put your moisturizer on top of you can put your moisturizer on top of it, then put your sunscreen on if that's it, then put your sunscreen on if that's the morning time or if the evening you the morning time or if the evening you could take In the evening it's just could take In the evening it's just whatever works for you. Some people will whatever works for you. Some people will take their estriol and mix it with their take their estriol and mix it with their moisturizer and put it on that way. I moisturizer and put it on that way. I tend to just take it, so you got your tend to just take it, so you got your clicker here. So, this is 4 mg per gram.

clicker here. So, this is 4 mg per gram. This is prescribed for me. And then I This is prescribed for me. And then I just do 1 2 and you can see that cream just do 1 2 and you can see that cream that comes out. I don't know how

well that comes out. I don't know how well you can see it cuz the top it clicks you can see it cuz the top it clicks white. But there's you know good enough white. But there's you know good enough cream that you can put it, you know, you cream that you can put it, you know, you can get it all over the face there. And can get it all over the face there. And then you And then I put my moisturizer then you And then I put my moisturizer on top on top of that cuz I usually do on top on top of that cuz I usually do this in the morning cuz by the night this in the morning cuz by the night time I'm just so lazy.

time I'm just so lazy. >> This is like wash my >> This is like wash my >> face, brush, floss, put on the night >> face, brush, floss, put on the night cream and then be done. So, usually I cream and then be done. So, usually I put this on in the morning and then I put this on in the morning and then I put my moisturizer on top and then and put my moisturizer on top and then and then maybe like I use like a tinted then maybe like I use like a tinted sunscreen and that's that's all I use.

sunscreen and that's that's all I use. But I know everybody's a little bit But I know everybody's a little bit different, but I wanted to kind of show different, but I wanted to kind of show the visual. Back in the day um before the visual. Back in the day um before they had top it clicks this is a 100 they had top it clicks this is a 100 years ago as you would get it more as years ago as you would get it more as like a little jar, but then, you know, like a little jar, but then, you know, putting your fingers in it was wasn't putting your fingers in it was wasn't very um you know, hypergenic or was it very um you know, hypergenic or was it hypoallergenic or it could get, you hypoallergenic or it could get, you know, um know, um I don't know, get your greasy fingers in I don't know, get your greasy fingers in there or something.

there or something. But anyway, I love the top it click. I But anyway, I love the top it click. I think the top it click is great. think the top it click is great.

>> Yeah, makes it very easy >> Yeah, makes it very easy uh to get a consistent amount um you uh to get a consistent amount um you know, you don't have to worry about know, you don't have to worry about getting any getting any getting the estriol in anything else. Uh getting the estriol in anything else.

Wrap-Up and Final Thoughts

Uh so, an obvious question then why do you so, an obvious question then why do you why do you prefer estriol versus why do you prefer estriol versus estradiol for the estradiol for the >> Like I said earlier is just cuz the >> Like I said earlier is just cuz the estradiol it's going to go into the estradiol it's going to go into the bloodstream. You know, you're going to bloodstream. You know, you're going to have to worry about the dosage on there have to worry about the dosage on there and it's going to go into that and it's going to go into that bloodstream.

bloodstream. bloodstream. >> yeah, okay. So, nothing more than just >> yeah, okay. So, nothing more than just that it's um just kind of add to your that it's um just kind of add to your systemic amount that you're using.

systemic amount that you're using. >> Exactly. Yeah, it's going to add And >> Exactly. Yeah, it's going to add And then like I said, I just then like I said, I just don't just cuz I worry about don't just cuz I worry about hyperpigmentation or that kind of thing.

hyperpigmentation or that kind of thing. Like I said, that's just me. I do like Like I said, that's just me. I do like to put the estriol around the eyes. So, to put the estriol around the eyes. So, it's very nice for those fine lines it's very nice for those fine lines around around the eyes and I feel like around around the eyes and I feel like it kind of matriculates a bit that it's it kind of matriculates a bit that it's really good also um when we've talked really good also um when we've talked about estradiol and and dry eye where about estradiol and and dry eye where you put that estriol around it. I think you put that estriol around it. I think it adds an extra little bit of impact to it adds an extra little bit of impact to help with dry eye as well.

help with dry eye as well. >> Sure. Yeah. >> Sure. Yeah. >> I mean it's not >> I mean it's not 100% but you know, all these little you 100% but you know, all these little you know, these little tidbits and nuances.

know, these little tidbits and nuances. >> getting the estriol in your eye but some >> getting the estriol in your eye but some of that stuff is just ends up, you know, of that stuff is just ends up, you know, kind of diffusing in into the the eye kind of diffusing in into the the eye tissue tissue tissue >> around it.

>> around it. >> Right. Right. >> Right. Right. >> I do do like that estriol there like I >> I do do like that estriol there like I was saying about the dosing. Everybody's was saying about the dosing. Everybody's a little different on the dosing when a little different on the dosing when I'm doing that with patients but you I'm doing that with patients but you know, you so like for example, this one know, you so like for example, this one which is prescribed for me is 4 mg per which is prescribed for me is 4 mg per gram. I do a half a gram in the morning gram. I do a half a gram in the morning so that's 2 mg. That's that's been so that's 2 mg. That's that's been working well for me. Some people I might working well for me. Some people I might do 1 mg or they might do a little bit do 1 mg or they might do a little bit more. It just depends on the person what more. It just depends on the person what we're working with.

we're working with. >> Sure. Excellent. So we'll >> Sure. Excellent. So we'll wrap it up. wrap it up. Estriol is one of our little secrets. We Estriol is one of our little secrets. We use it in a multitude of ways. This is use it in a multitude of ways. This is just one of those that has become very just one of those that has become very popular over the last few years. So if popular over the last few years. So if you have any questions, you can write you have any questions, you can write them in the comments below. Otherwise, them in the comments below. Otherwise, we'll see you next video. Take care.

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