

ABBREVIATION & DEFINITION CHEAT-SHEET

A = androgen	PCOS = polycystic ovary syndrome
AR = androgen receptor	PPT = postpartum thyroiditis
Androstenedione - sex hormone precursor	P or Pr = progesterone
Aromatase - an enzyme responsible for a key step in the biosynthesis of estrogens	PR or PrR = progesterone receptor
BCP = birth control pill	PR-A = progesterone receptor A
CAH = congenital adrenal hyperplasia	PR-B = progesterone receptor B
E = estrogen	PRL = prolactin
ER = estrogen receptor	PRLr or PRLR = prolactin receptor
ERα = estrogen receptor alpha	PRLrL = prolactin receptor long
ERβ = Estrogen receptor beta	PRLrS = prolactin receptor short
DHEA = Dehydroepiandrosterone	SGA = small for gestational age
DHEAS Dehydroepiandrosterone sulphate	SHBG = sex hormone binding globulin
DHT = Dihydrotestosterone	T = testosterone
Euthyroid - normal thyroid function & levels	TSH = thyroid-stimulating hormone
FAI = Free androgen index	TRH = thyroid-releasing hormone
FSH = follicle stimulating hormone	T3 = Triiodothyronine
FTE = free testosterone	T4 = Thyroxine (total; bound & unbound)
GD or GDM = gestational diabetes mellitus	FT4 = Free (unbound) Thyroxine
GnRH = gonadotropin-releasing hormone	Thyrotoxicosis - too much thyroid hormone in blood
GOTLC = gestational ovarian theca-lutein cyst	Type 1 diabetes - Insulin-dependent diabetes mellitus
HCG = human chorionic gonadotropin	Type 2 diabetes - Non-insulin-depend diabetes mellitus
HPL = human placental lactogen	Herbs:
HELLP = Hemolysis (break down of red blood cells), Elevated Liver enzymes, Low Platelet count	GR - goat's rue
HyperA – hyperandrogenism	SP = saw palmetto
HyperT = hyperthyroid (overproducing)	
HypoT = hypothyroid (underproducing)	
IGF-1 = Insulin-like growth factor 1	
IR = insulin resistance	
LH - luteinizing hormone	