

Modifying Sex Hormone Binding Globulin

Increasing or decreasing Sex Hormone Binding Globulin (SHBG) can be an important way to modulate the levels of "free" hormones in the body.

Factors that increase SHBG and decrease free hormone

- Pregnancy
- Hyperthyroidism or exogenous thyroxine administration
- Exogenous estrogen administration (HRT or OCP)
- Low fat, vegetarian diet

Factors that decrease SHBG and increase free hormone

- Obesity, particularly visceral adipose tissue (VAT)
- Androgens (Testosterone)
- Insulin (Insulin Resistance and Hyperinsulinemia)
- IGF-1
- Exercise
- Growth hormone
- Prolactin
- Cortisol
- Progestin
- Hypothyroidism