

GET WHAT YOU NEED OUT OF LIFESM

Beauty, Balance and Breath



Balancing Your Hormones

Hormones serve as our personal chemical messengers, traveling from the bloodstream to tissues and organs. So, what would an imbalance affect? Nearly every aspect of our body. Read on for more information on how it relates to menopause, treatment options and the next steps toward a healthy and hormone-balanced you.

About Hormonal Imbalance

The level of hormones we have in our bodies is extremely sensitive. Too much or too little can be serious, and even indicate a hormone disorder. When are we most susceptible to an imbalance?

- Pregnancy
- Perimenopause (up to six years prior and one year after menopause begins)
- Menopause (typically occurs between 45-55)

Read the Signs (and Symptoms)!

The symptoms below are most commonly associated with hormonal imbalance during perimenopause and throughout menopause.

- Vaginal dryness
- Change in pattern of periods
- Hot flashes
- Trouble sleeping
- Mood swings
- Trouble focusing
- Hair loss

Experiencing one or more of these symptoms? Schedule a visit with your doctor today.

Treatment Options

Hormone therapy, or HT, is often used to treat symptoms of hormone imbalance, including vaginal dryness and hot flashes. It can even aid in the prevention of osteoporosis, a common result of weaker estrogen levels in the body. Want to know more about HT? Find more information at www.nhlbi.nih.gov/health/women/pht_facts.htm, then discuss with your doctor whether hormone therapy is right for you.

Sources:

The U.S. Department of Health and Human Services, www.4woman.gov/faq/menopaus.htm

The North American Menopause Society. *Menopause Guidebook:*

Helping Women Make Informed. www.menopause.org/edumaterials/guidebook.aspx

U.S. National Institutes on Health. National Institute on Aging.

www.niapublications.org/agepages/menopause.asp



Get What You Need Out of LifeSM is brought to you by your local Spirit of Women[®] hospital. Spirit of Women is a coalition of hospitals and health-care providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

