

Hormones

A Guide to Understanding and Managing Your Hormones

WHAT ARE HORMONES?

A hormone is a regulatory substance produced in an organism and transported in tissue fluids, such as blood, to stimulate specific cells or tissues into action.

WHAT ARE SEX HORMONES?

A sex hormone is a steroid hormone (such as estrogen or testosterone) that is produced especially by the ovaries, testes, or adrenal cortex. It affects the growth or function of the reproductive organs, or the development of secondary sex characteristics.

WHAT IS THE MENSTRUAL CYCLE?

The menstrual cycle is the monthly process and physiological change where a woman's body undergoes a series of changes in order to prepare for a pregnancy.

WHAT HORMONES SHOULD I TEST?

- Estradiol and Estrone
- Progesterone
- TSH, T3, and T4
- Testosterone free and total
- Fasting glucose level
- Serum cortisol
- AMH, Prolactin, and FSH

*Get your hormones tested between the first and third days of your cycle. Always test around the same time for consistency in your levels. **Call your insurance first to check what lab to use and the ICD10 code for coverage – your MD will order the labs so you can get them drawn at the right laboratory facility.***

COMMON SYMPTOMS

Keep track of your symptoms! You may experience:

- Irregular cycles (very heavy or light flows)
- Hot flashes
- Mood swings
- Low sex drive
- Trouble sleeping
- Weight gain
- Hair loss
- Migraines

HINTS FOR BALANCING HORMONES

- Eat a balanced diet
- Get enough sleep
- Take probiotics and B vitamins
- Avoid endocrine disruptors
- Exercise and cut caffeine
- Talk with your provider