

ALL ABOUT YOUR HORMONES

YOUR BODY'S CHEMICAL MESSENGERS



Hormone Health
NETWORK®
Keep your body in balance

Hormones are your body's chemical messengers. They travel in your bloodstream to tissues or organs to help them do their work. They work slowly, over time, and affect many different processes, including:

- Growth and development
- Metabolism – how your body gets energy from the foods you eat
- Sexual function
- Reproduction
- Mood



To find out much, much more about your hormones and the endocrine system, visit hormone.org

At any age, it is important to recognize changes in your body and talk to your healthcare provider about them.

Hormones and Young Girls



Hormones and Childbearing Years



Overweight + pregnant?
You're at risk for:

- diabetes
- high blood pressure
- heart disease
- stroke
- gallstones
- high cholesterol
- gout
- cancer

Hormones and Menopause-Age Women

estrogen and progesterone levels drop

infertility

bone loss



Side effects:

- mood changes
- acne

Side effects of hormonal imbalances:

- weight gain
- lower energy, lower libido

Side effects of menopause:

- hot flashes, night sweats
- sleep problems
- mood changes, lower libido

- menstrual cramps
- breast tenderness

- mood changes
- skin changes

- vaginal dryness/discomfort
- urinary problems

Exercise and a healthy diet are most helpful for overall good health, including natural hormonal development. Follow these tips for better health:

- Reduce portions of foods high in fat or sugar.
- Eat more fruits, vegetables, and whole grains.
- Eat three meals each day, including breakfast.
- Spend 30 minutes a day in moderate physical activity.
- Find ways to be more physically active. Take the stairs, or park farther away.



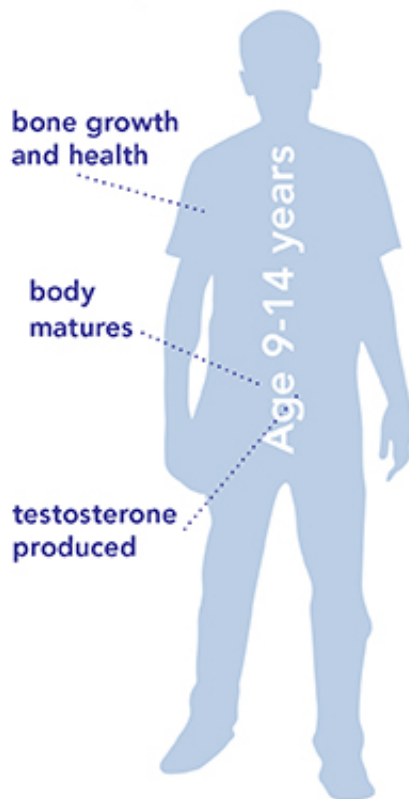
eat healthier

3 meals per day

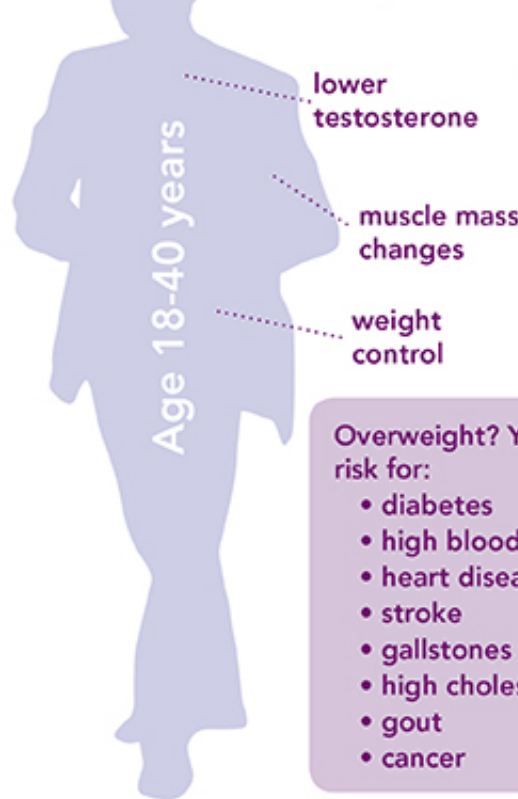


be more active,
30 minutes per day

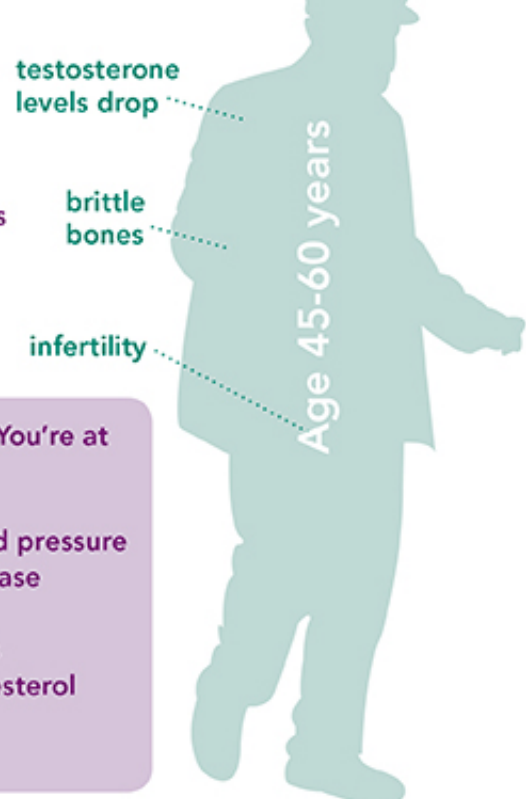
Hormones and Boys



Hormones and Middle-Age Men



Hormones and Older Men



Overweight? You're at risk for:

- diabetes
- high blood pressure
- heart disease
- stroke
- gallstones
- high cholesterol
- gout
- cancer

Side effects:

- voice deepens
- acne
- new hair growth
- shoulders widen

Side effects of hormonal imbalances:

- weight gain
- lower energy, lower libido
- mood changes
- skin changes

Side effects:

- erectile dysfunction (ED)
- reduced energy
- lower libido
- loss of hair

