

JUNE 2023

**HORMONE**

**BALANCE**

**NEWSLETTER**

## Hormonal Imbalance in Women

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Welcome to the latest edition of our newsletter! In this edition, we delve into the significance of hormones, explore common hormonal imbalances in women, and highlight how our laboratory can help you gain a deeper understanding of your hormonal health.

### WHAT ARE HORMONES?

Hormones are chemical messengers produced by the endocrine glands in the body. They travel through the bloodstream to various tissues and organs, where they regulate and coordinate a wide range of bodily functions.

### HORMONAL IMBALANCES:

Hormonal imbalances occur when there is an excess or deficiency of certain hormones in the body. These imbalances can result in a wide range of symptoms and health issues that may significantly impact a woman's quality of life. **Some common hormonal imbalances in women include:**

01

#### PCOS

Polycystic Ovary Syndrome (PCOS): A hormonal disorder characterized by enlarged ovaries with small cysts, irregular periods, acne, and excessive hair growth.

02

#### PMS

Premenstrual Syndrome (PMS): A group of symptoms experienced by some women before menstruation, including mood swings, bloating, breast tenderness, and fatigue.

03

#### THYROID DISORDERS

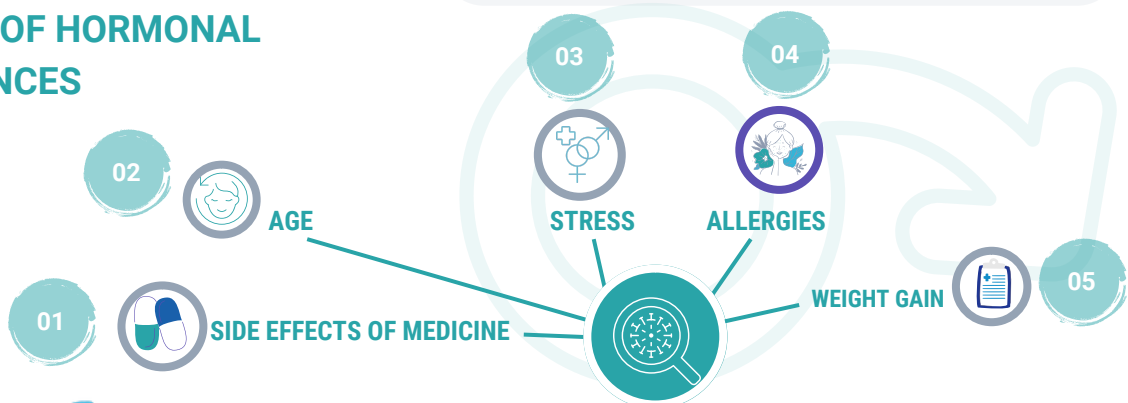
Conditions such as: Hypothyroidism (Underactive Thyroid) or Hyperthyroidism (Overactive Thyroid), can disrupt hormone production, leading to various symptoms like weight changes, fatigue and mood disturbances.

04

#### MENOPAUSE

During this natural transition, a woman's hormone levels, particularly estrogen and progesterone, decrease, causing symptoms such as hot flashes, night sweats, and mood swings.

### CAUSES OF HORMONAL IMBALANCES





## THE IMPORTANCE OF HORMONES:

Hormones play a vital role in regulating numerous bodily functions and maintaining overall well-being.

**Hormones** play a crucial role in controlling **growth, metabolism, reproduction, mood, sleep, and other physiological processes**. They act as signals, transmitting instructions from one part of the body to another, ensuring that different systems work together harmoniously. **In women, hormones such as estrogen, progesterone, and testosterone** influence reproductive health, mood, metabolism, bone density, and much more. These chemical messengers are produced by various endocrine glands, including the ovaries, thyroid, and adrenal glands.

## DIFFERENT SIGNS AND SYMBOLS TO TRACK HORMONAL IMBALANCE

One can track hormonal imbalance through symbols or signs that your body shows. Some of these signals are:



Imbalance can impact metabolism leading to excessive weight gain



It is a common sign of imbalance.



Sometimes it can occur with melasma that darkens the skin



Hormonal imbalances can cause excessive hair growth.



Fluctuation in the level of oestrogen can cause headaches.



During sex on menstruation, if pelvic pains occur, then, it indicates hormonal issues.



A drop in the level of oestrogen can cause excessive sweating or hot flashes.



Overproduction of androgens cause alopecia.



## HOW CAN OUR LABORATORY HELP YOU.

We understand the importance of accurate and reliable hormone testing to identify and manage hormonal imbalances effectively. Our state-of-the-art laboratory is equipped with cutting-edge technology and staffed by a team of experienced professionals committed to delivering precise results and personalized solutions.

## WE OFFER A COMPREHENSIVE RANGE OF HORMONE TESTS TAILORED TO WOMEN'S SPECIFIC NEEDS

01

### FEMALE HORMONE PANEL

Assess the levels of estrogen, progesterone, testosterone, and other key hormones to identify imbalances that may contribute to menstrual irregularities, fertility issues, or menopause symptoms.

02

### THYROID FUNCTION TESTS

Evaluate Thyroid hormone levels (TSH, T3, T4) to detect any abnormalities that could indicate an underactive or overactive thyroid gland.

03

### ADRENAL FUNCTION TESTING

Measure cortisol and DHEA-S levels to assess adrenal gland function, which can impact stress response, energy levels, and overall well-being.

04

### PCOS HORMONE PROFILE:

Specifically designed for women with suspected or diagnosed PCOS, this panel helps identify hormonal imbalances associated with the condition.



## PROMOTING HORMONAL HEALTH

It is imperative for every woman to seize control of her hormonal health by prioritizing education and making necessary lifestyle modifications. By seeking proper guidance on hormone-balancing strategies, encompassing nutrition, exercise, stress management, and targeted supplementation, you can foster a harmonious hormonal environment within your body.



## TAKE CHARGE OF YOUR HORMONAL HEALTH TODAY:

Don't let hormonal imbalances hinder your well-being and quality of life. Take the first step towards.

