Hormones and Your Health Show Notes

In this episode...

Part 1:
• What times of our life do we experience hormone changes?
• Perimenopause and menopause common symptoms.
• How can we deal with these symptoms?
• The importance of exercise, diet and sleep in managing symptoms.
• When should we seek medical help?

Part 2:
• What fibroids are and how they can be a problem.
• Hormone imbalances when trying to conceive.
• How stress can create problems with hormones.
• Postpartum hormone changes and depression.
• How to know whether it’s the “baby blues” or depression and when to seek help.
• How big life changes and extreme stress can affect our hormone balance and what we can do to help reset our bodies, minds and spirits.
• Hormone differences between women of different racial backgrounds.

Dr. Borgelt's five tips for hormone health:
1. There is a lot of help available for women experiencing symptoms due to hormonal changes—you don't have to suffer through them!
2. In addition to hormone treatments, natural remedies and changes in your diet can help treat some symptoms.
3. Prioritize sleep when dealing with hormone changes since lack of sleep can make your symptoms worse.
4. Don't be afraid to seek help for depression and anxiety that can sometimes accompany hormonal changes. Those symptoms can often be addressed with medication and therapy or support groups.
5. Remember it won’t last forever. Try to have reasonable expectations and be realistic about what you’re going through and adjust your life accordingly.

Links:
• Endocrinology Explained: uchealth.org/today/endocrinology-explained/
• Perimenopause: The Slow Shift to Menopause: uchealth.org/today/perimenopause-the-slow-shift-to-menopause/
• Three Sisters One Primary Care Physician: uchealth.org/today/three-sisters-one-primary-care-physician/
• Embrace Manage Stress: uchealth.org/today/embrace-manage-stress/
• What is Polycystic Ovary Syndrome: uchealth.org/today/what-is-polycystic-ovary-syndrome/