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Hormones: What to know when testing for menopause



Aging Disgracefully Talk
given by Carrie and Jen



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Functions of Female Sex Hormones

Estrogen: Regulates menstrual cycle, bone density, cardiovascular health.

Progesterone: Prepares the uterus for pregnancy and regulates the menstrual cycle.

Testosterone: Supports libido, muscle strength, and mood.



Normal Hormone Ranges pre- and post- menopause



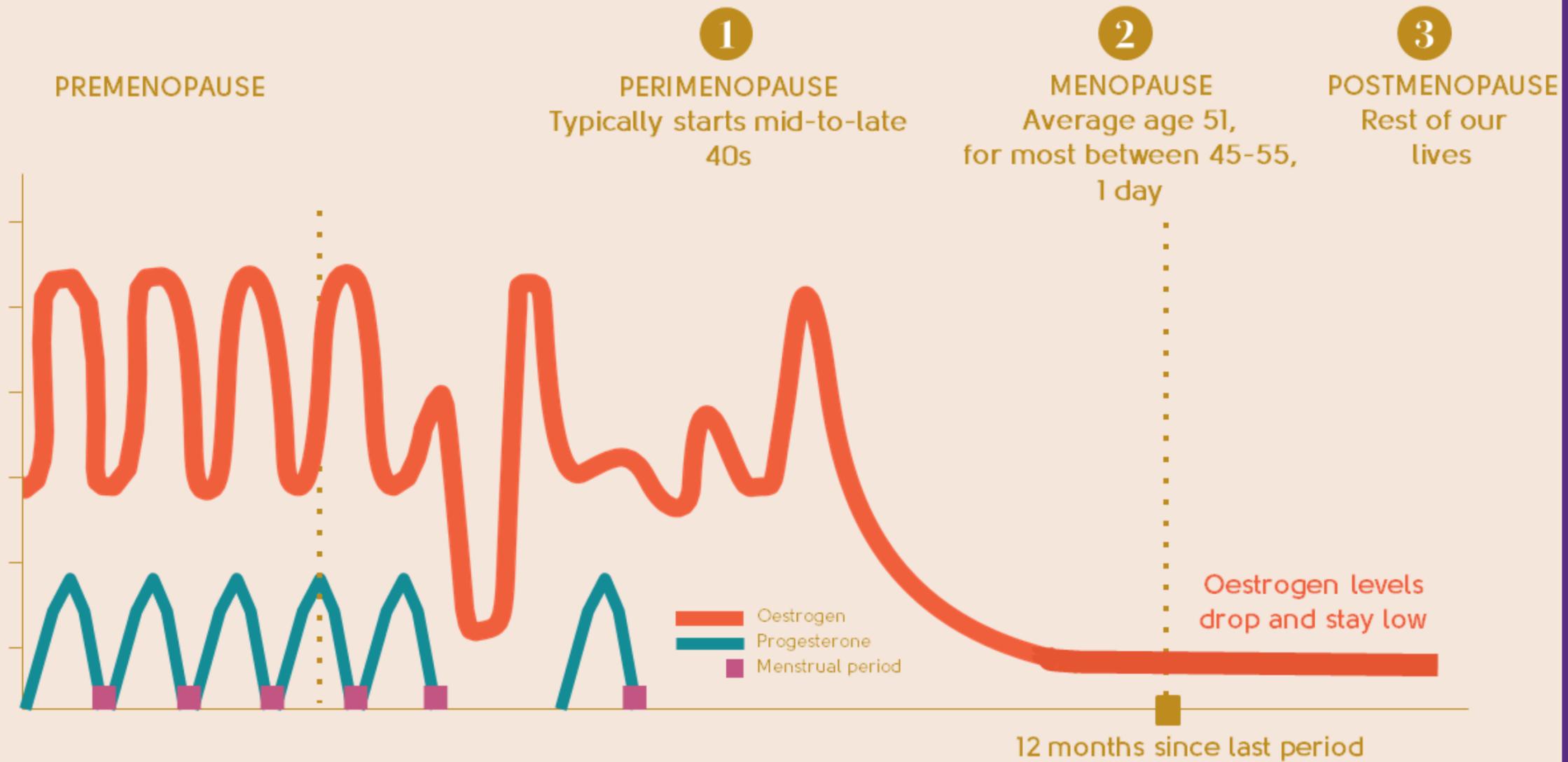
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	Estradiol		Progesterone		Testosterone	
	pre	post	pre	post	21 - 49 years	>=50 years
Follicular phase (days 1-14 of cycle)	21-251 pg/mL	<28 pg/mL or <144 pg/mL (HRT)	<0.3 ng/mL	<0.2 ng/mL	14 - 51 ng/dL	12 - 36 ng/dL
Mid-cycle phase (days 12 - 16)	38-649 pg/mL					
Luteal phase (days 14-16 until day 28-30)	21 - 312 pg/mL	1.2 - 15.9 ng/mL				



The bit between...

Menopause transition





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Symptoms of Hormone Imbalance

- Low Estrogen: Hot flashes, bone thinning.
- High Estrogen: Weight gain, heavy periods.
- Low Progesterone: Irregular cycles, mood swings.
- High Progesterone: Fatigue, bloating.
- Low Testosterone: Fatigue, low libido.
- High Testosterone: Acne, excess body hair.





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Confirming Menopause

- FSH: High levels (26.72 - 133.41 mIU/mL) suggest menopause
- Estradiol: Low levels (<28 pg/mL) non-HRT
- LH: 5.16 - 61.99 mIU/mL (rises post-M)
- TSH: Checked to rule out thyroid issues



Anyone got any experience with getting
hormones tested?
and/or different symptoms?



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Aging Disgracefully Support Group

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