

Estrogen: Hormonal Health & Menopause Mitigation



A Critical Link in Hormonal Harmony & Menopausal Wellness

What is Estrogen?

What is estrogen? Estrogens are a group of hormones that play an important role in the normal sexual and reproductive development in women. They are also sex hormones. The woman's ovaries make most estrogen hormones, although the adrenal glands and fat cells also make small amounts of the hormones.

Estrogens are a group of three biochemically distinct hormones, estradiol (E2), estrone (E1), and estriol (E3), with 17β -estradiol being the active form.

Estrogen plays a pivotal role in hormonal regulation, particularly during menopause when its production compensates for decreased ovarian function.



Why Test for Estrogen?

Testing estrogen levels offers valuable insights into an individual's hormonal profile, assisting in diagnosing, monitoring, and managing conditions related to estrogen balance.

Clinical Applications Include:

- Monitoring hormone replacement therapy (HRT) to ensure therapeutic effectiveness.
- Evaluating hormonal imbalances in peri- and postmenopausal women.
- Diagnosing estrogen-related disorders such as polycystic ovary syndrome (PCOS), endometriosis, or infertility.
- Assessing risks for hormone-sensitive cancers, including breast and endometrial cancers.

Clinical Significance of Estrogen Levels:

Low Estrogen Levels:

May indicate menopause, ovarian insufficiency, or hypogonadism. Associated symptoms include fatigue, hot flashes, or reduced bone density, highlighting the need for targeted therapeutic interventions.

Estrogen is shown to be anti-inflammatory and preventative of many chronic disease diseases, like heart disease, neurovascular disease, type 2 diabetes, hypertension, bone loss, and chronic pain syndrome in both women and men. It protects the brain from disease processes, such as Alzheimer's and dementia. Estrogen also increases collagen and elasticity in the skin, as well as thickness, keeping us looking more youthful. And as an added bonus, it's a "belly-fat shredder!"

If you would like to have your hormone levels evaluated, our experienced medical team is here to help guide you on your hormone optimization journey. **Contact us today for your consultation.**

Call: 239-ETERNAL (239-383-7625) | Text: 844-575-1939 | Email: hello@eternalyouthaesthetic.com