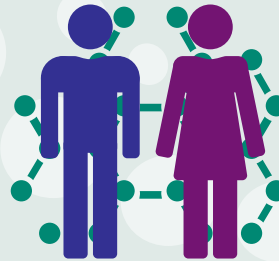


ALL ABOUT YOUR HORMONES

YOUR BODY'S CHEMICAL MESSENGERS

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:

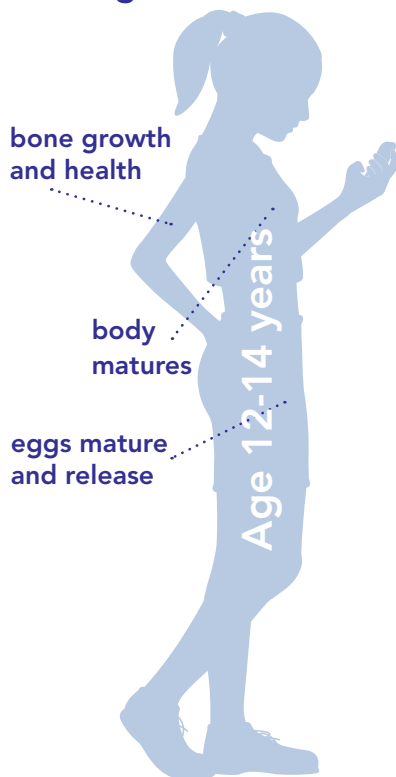
- Growth and development
- Metabolism – how your body gets energy from the foods you eat
- Sexual function
- Reproduction
- Mood



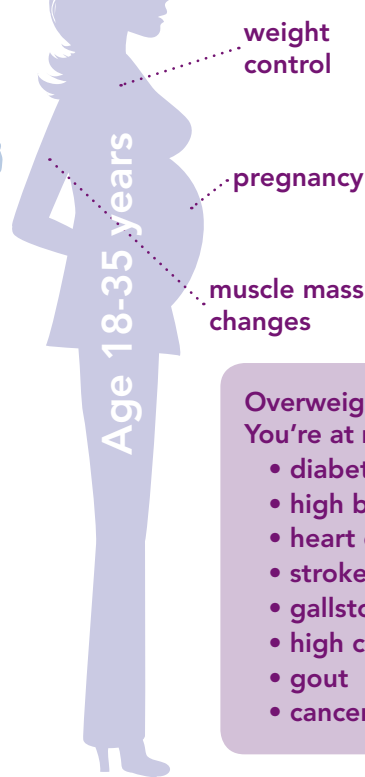
To find out much, much more about your hormones and the endocrine system, visit hormone.org

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

Hormones and Young Girls



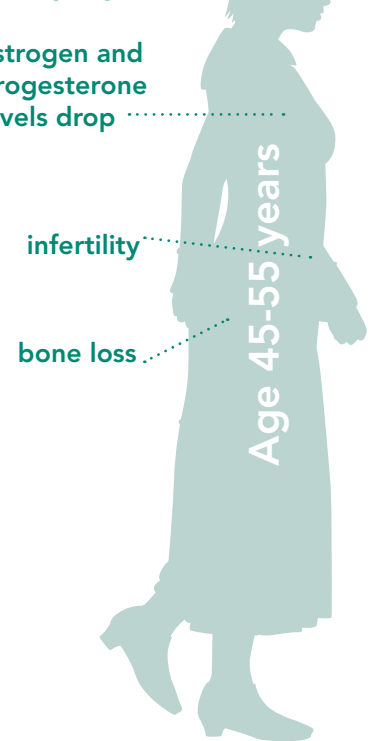
Hormones and Childbearing Years



Overweight + pregnant?
You're at risk for:

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

Hormones and Menopause-Age Women



Side effects:

- mood changes
- acne
- menstrual cramps
- breast tenderness

Side effects of hormonal imbalances:

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

Side effects of menopause:

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

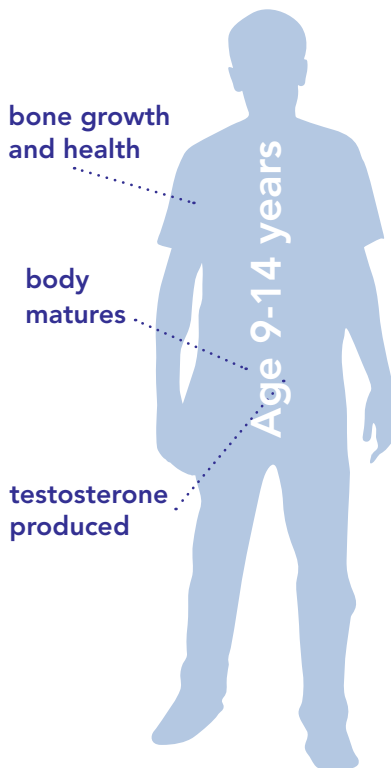


3 meals per day

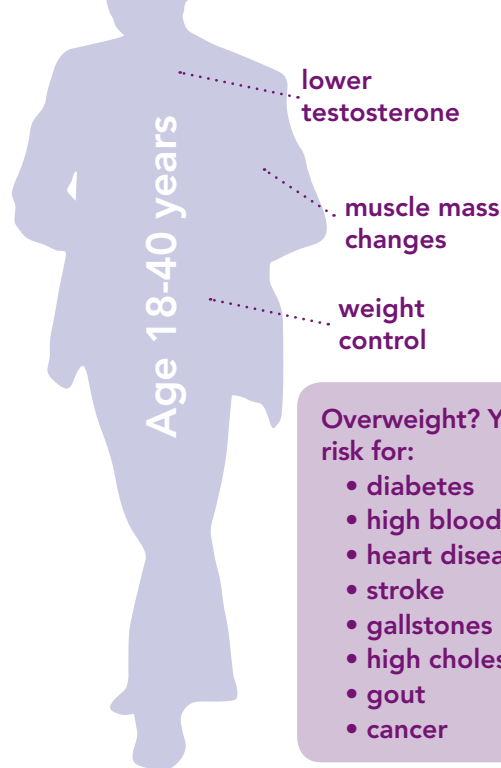


be more active,
30 minutes per day

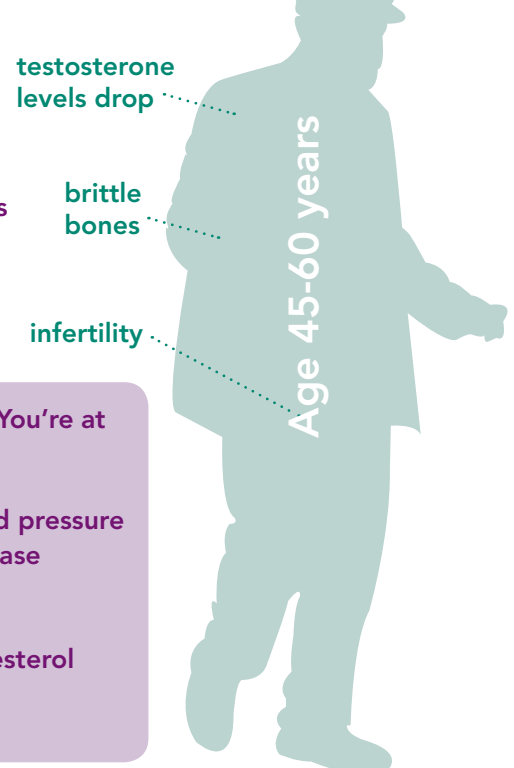
Hormones and Boys



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

Visit hormone.org to download your copy of *Major Hormones – What They Do Quick-Reference Guide*.