

Health and Wellness: Preventing Health Issues with Hormones

By Laura Jimenez, M.S.W. • www.tpsw.org – laura.jimenez@akerman.com

Whether we know it or not, hormones affect us from before we were even born throughout the rest of our lives. Thus, hormones are certainly not something that affects only teenagers. While it is true that hormones are raging during that time, the important role that hormones play in so many aspects of our lives cannot be overemphasized. Now, thinking of hormones in this new light, consider the possibility that at whatever stage you are in, there can be improvement in your long-term quality of life, prevention of chronic illnesses and maintenance of wellness.



Hormones are incredibly powerful. They are actually your body's chemical messengers. Slowly, over time, they affect many different processes, including development and growth, metabolism (how your body acquires energy from the foods you eat), mood, reproduction, sexual function and more.

Hormone levels change in response to our environment, food intake, medications, pollutants and stress levels. Since there is no one size fits all with hormones, and it only takes a tiny amount to cause big changes in cells or even your whole body, a well-informed patient who finds an well-versed physician knowledgeable about hormones will likely result in overall improved health. While a properly trained endocrinologist is the best specialty for hormone therapy, some family doctors, internists, medical physicians and osteopaths are equally knowledgeable.

Although not everyone agrees, here's a short list of illnesses which might be prevented by ensuring that our hormones are balanced with **bioidentical** hormones: acne, adrenal disorders, cancer, cardiovascular disease, diabetes, dementia, osteoporosis, pituitary disorders, thyroid disorders, weight problems and others.

Keep in mind that hormones refer not only to the more common types like estrogen, progesterone and testosterone, but also ACTH, DHEA, FSH, LH, PTH, SHBG and TSH, just to name a few.

A prudent course of action would be to seek the advice of a trusted friend or family member whose hormones are regulated and discuss the possibility of a recommendation for seeing that physician for yourself. Don't underestimate how good you will feel when your hormones are properly balanced, and how much better you might look as well.

As always, you are encouraged to read as much as you can about this important topic as it pertains to your specific health concerns. Here are a few links to get you started:

- (1) <http://www.bodylogicmd.com/press-releases/bioidentical-hormones-may-help-prevent-alzheimers>
- (2) <http://www.nlm.nih.gov/medlineplus/hormones.html>
- (3) <http://www.hormone.org/diseases-and-conditions>
- (4) <http://www.pbs.org/wgbh/pages/frontline/shows/nature/etc/hormones.html>

Disclaimer for this article and all others written by Laura Jimenez, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by assisting readers to make informed decisions about health issues. It is not intended as a substitute for any medical treatment. If anyone reading this article suspects a medical problem, please seek competent medical care in a timely fashion. (Last updated: 5/30/14)