

# ALL ABOUT YOUR HORMONES

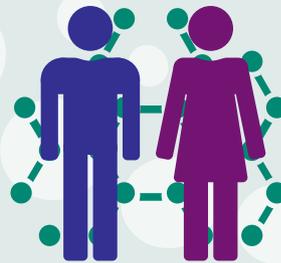
## YOUR BODY'S CHEMICAL MESSENGERS



Hormone Health  
NETWORK®  
*Keep your body in balance*

**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:

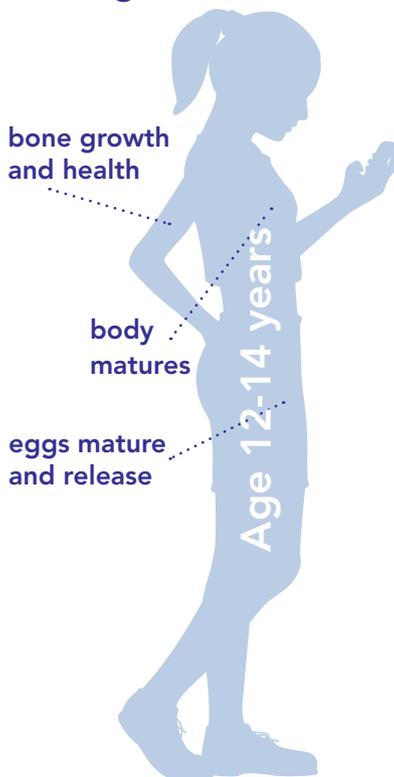
- Growth and development
- Metabolism – how your body gets energy from the foods you eat
- Sexual function
- Reproduction
- Mood



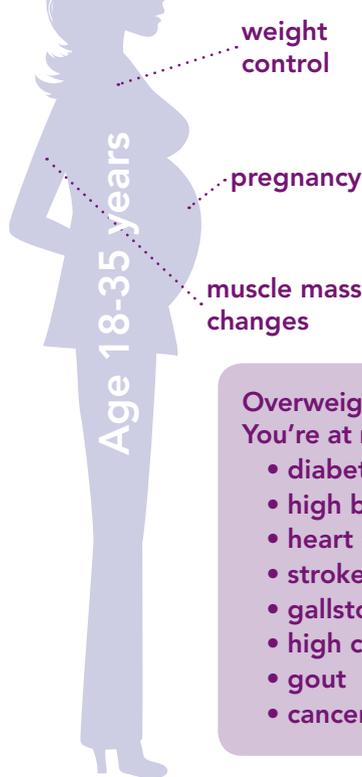
To find out much, much more about your hormones and the endocrine system, visit [hormone.org](http://hormone.org)

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

### Hormones and Young Girls



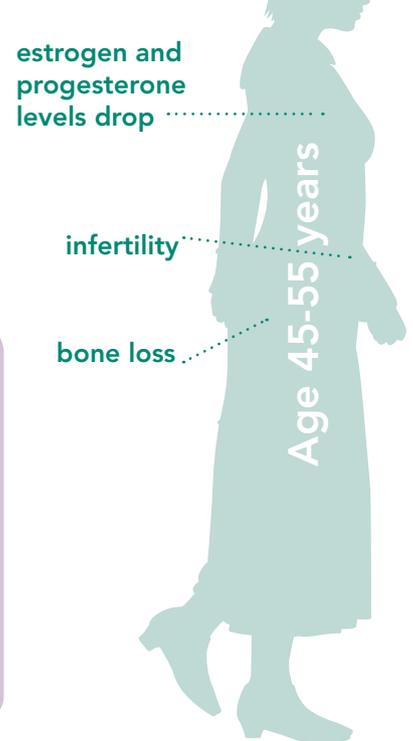
### Hormones and Childbearing Years



**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.



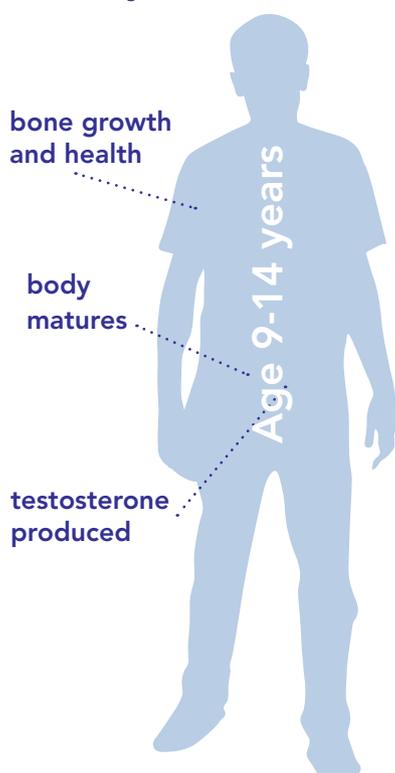
eat healthier

3 meals per day

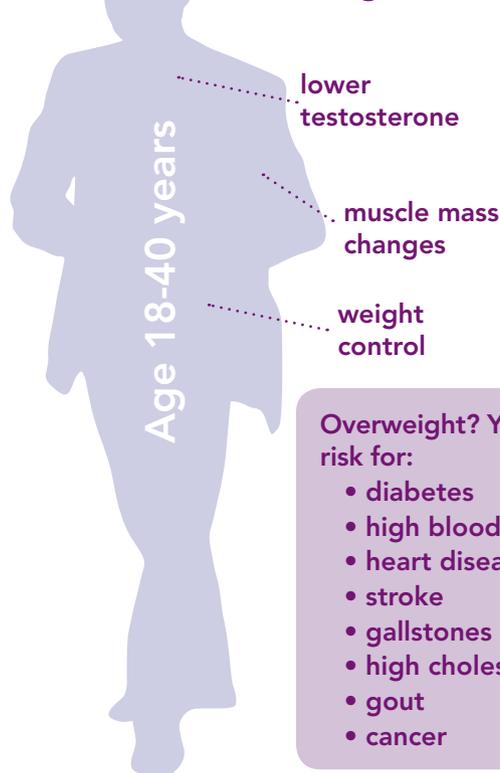


be more active,  
30 minutes per day

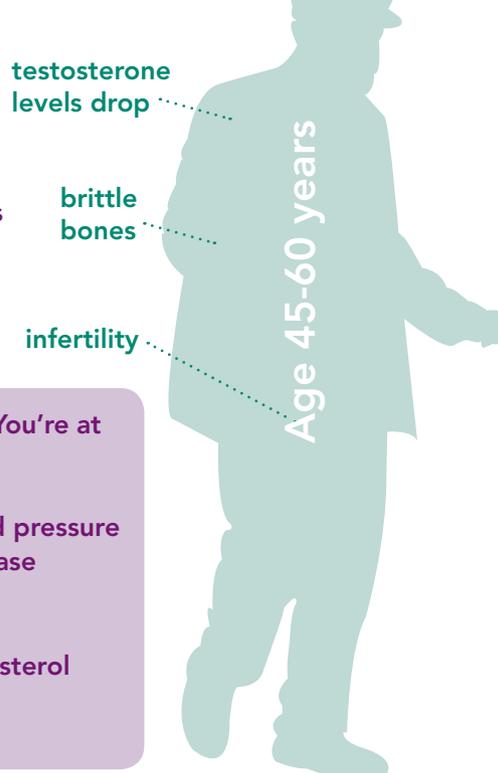
### Hormones and Boys



### 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](http://hormone.org) to download your copy of *Major Hormones – What They Do Quick-Reference Guide*.