

Health and stress

(weeks 8)

Stress hormones II

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Outlines and Objectives

Outlines:

- Other hormones contribute in stressful conditions
- Hormonal imbalances
- Research data
- Symptoms of hormonal imbalance

Objectives:

- Evaluation the impact of stress on the other hormones.
- Estimate the impact of hormonal imbalance?
- Differentiate the symptoms of hormonal imbalance .

Other hormones contribute in stressful conditions

- **Estrogen and testosterone** are also hormones that affect how we react to stress, as are the **neurotransmitters dopamine and serotonin**.
- But the classic fight-or-flight reaction is mostly due to the three major players (adrenalin, norepinephrine and cortisol).

Hormonal imbalances

- Hormonal imbalances can cause a variety of complications, from mood swings to anxiety to leg cramps and more.
- according to a recent survey of 2,000 American women ages 30 to 60, nearly half of them have experienced the symptoms of a hormone imbalance.
- However, 72 percent of the respondents said they weren't aware that their symptoms were related to hormone imbalances until after they experienced them.

- The normal part of females' life cycle is the period or menstrual cycle.
- Females are varying in experiencing the cycle from symptomatic to asymptomatic.
- that's a function of hormonal imbalance, whether we're in our teens or in perimenopause or menopause age range," (Dr. Anna Cabeca, author of "The Hormone Fix,").
- **Hormonal imbalance can have consequences on quality of life.**

Symptoms of hormonal imbalance

- mood swings, hot flashes, and weight gain were understood to be symptoms of hormonal imbalance.
- Less than half of the women knew that **urinary incontinence**, **brain fog**, and **memory loss** can also be symptoms.

Other symptoms of hormonal imbalances include:

- Night sweats
- Leg cramps
- Vaginal dryness
- Sleep disturbances
- Anxiety
- Depression
- Loss of interest in sex
- Each symptom can have an effect on different aspects of life.

References

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