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# THE PILLARS

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## HEALTH IN BLACK NEW MEXICO

## KNOW YOUR HORMONES

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Hello! My name is Ndidiyama Okpareke, and I am your local Compound Pharmacist! I am the owner of Olive Tree Compounding Pharmacy in Rio Rancho, NM. I would like to use this opportunity to write about something so important to the balance and wellness of your body. Hormones.

### **What are hormones?**

Hormones are chemicals that are made in the body. They create a particular change or effect by sending messages to various parts of the body. Hormones have a major effect on how you feel and your well being. .





A woman's healthy mind, body, and lifestyle are highly dependent upon the balance of her natural hormonal production. This balance can be disrupted in many ways, most often by the natural processes of peri-menopause, menopause, and aging.

Adequate levels of testosterone are vital to a man's health and well being. Andropause (low testosterone and elevated estrogen) is a natural process of a man's life, but it is rarely talked about and often left untreated.

### **What are the signs and symptoms of hormone imbalance?**

Men: Hair loss, decreased libido, insomnia, memory loss, heart palpitations, erectile dysfunction, weight gain, lack of energy, and more...

Women: Depression, decreased libido, insomnia, anxiety, mood swings, hot flashes, irregular/heavy menstruation, night sweats, vaginal dryness, weight gain, hair loss, bloating, osteoporosis, foggy brain, fatigue, and more...

## **3 Types of Hormones**

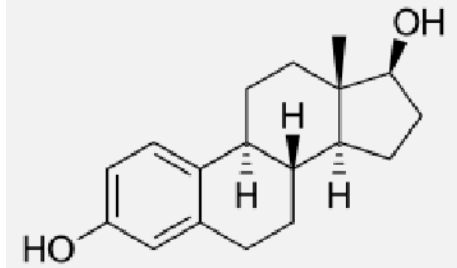
Estrogen

Progesterone

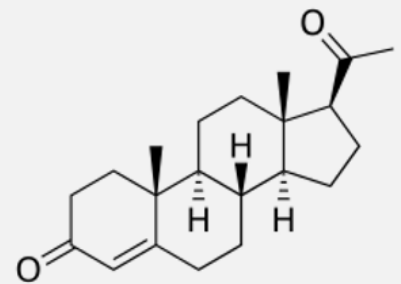
Testosterone

In this health article, I will address the following hormones: estrogen, progesterone, and testosterone.

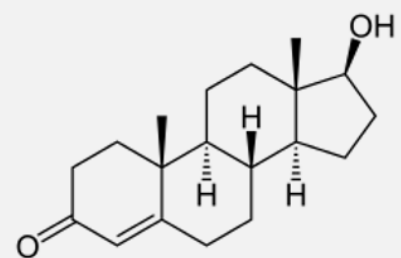
### **Estrogen**



### **Progesterone**



### **Testosterone**



**Why is it important to treat hormone imbalance?**

If left untreated, hormone imbalance can potentiate chronic diseases and health issues such as heart disease, colon cancer, poor immune function, obesity, diabetes, and more...

These chronic conditions are very common in the African American community. They are associated with a poor quality of life and a decreased life span.

**How to treat hormone imbalance?**

It is important for you to consult with your health care provider (Primary Care Physician, Gynecologist, Endocrinologist, or Nurse Practitioner) if you are experiencing any of the signs or symptoms listed above. Your provider may suggest blood or saliva hormone testing which will reveal any imbalances. Testing should be followed up with the necessary treatment to rebalance hormones.

**What are the treatment options to rebalance hormones?**

Hormone therapy comes in many dosage forms such as: capsules and tablets, creams, gels, and troches.

Treatment is usually taken once or twice a day, every day. Some forms of therapy may be used on a weekly or monthly basis.

Some people experience relief of symptoms by using supplements, herbs, and vitamins. It is important to consult with your health care provider before using alternative remedies.

**What is Bio-identical Hormone Replacement Therapy (BHRT)?**

Bio-identical hormones are chemicals that look exactly like what your body naturally produces. Some people prefer the use of bio-identical hormones to treat hormonal imbalance because they are not synthetic, they do not come from animals, and they are plant-based. Bio-identical hormones can be formulated into convenient and easy-to-use dosage forms. When taken consistently, they cause the hormones in the body to rebalance.

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