



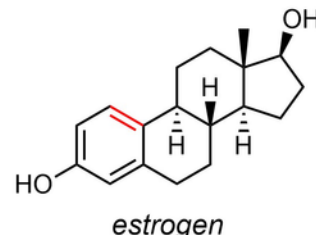
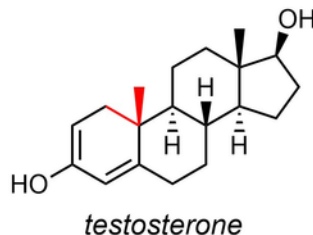
What is a Hormone?

A hormone is a type of molecule your body produces that signals other parts of your body to do certain things. There are many types of hormones. **Adrenaline** is the hormone that causes your body to jump when scared.

When your doctor discusses hormone imbalance with you, they may be referring to **Estrogen** and **Testosterone**, often called the “Sex Hormones.” These hormones signal the body to promote reproduction in many ways.

Contrary to popular belief, everyone has both estrogen and testosterone in their bodies.

Having an imbalance of these hormones may cause issues.



Know the Symptoms of Hormone Imbalance

- Hair Loss
- Irregular Periods
- Vaginal Atrophy
- Adult Acne
- Heavy Periods
- Vaginal Dryness
- Excess Body Hair
- Hot Flashes
- Loss of Interest in Sex

As women age, they are more likely to experience hormone imbalance.

Talk to your Primary Care Doctor if you have these symptoms. They may refer you to an **Endocrinologist**, a Doctor that specializes in hormones.

You can take hormones as supplements. Taking Estrogen supplements may help your symptoms.