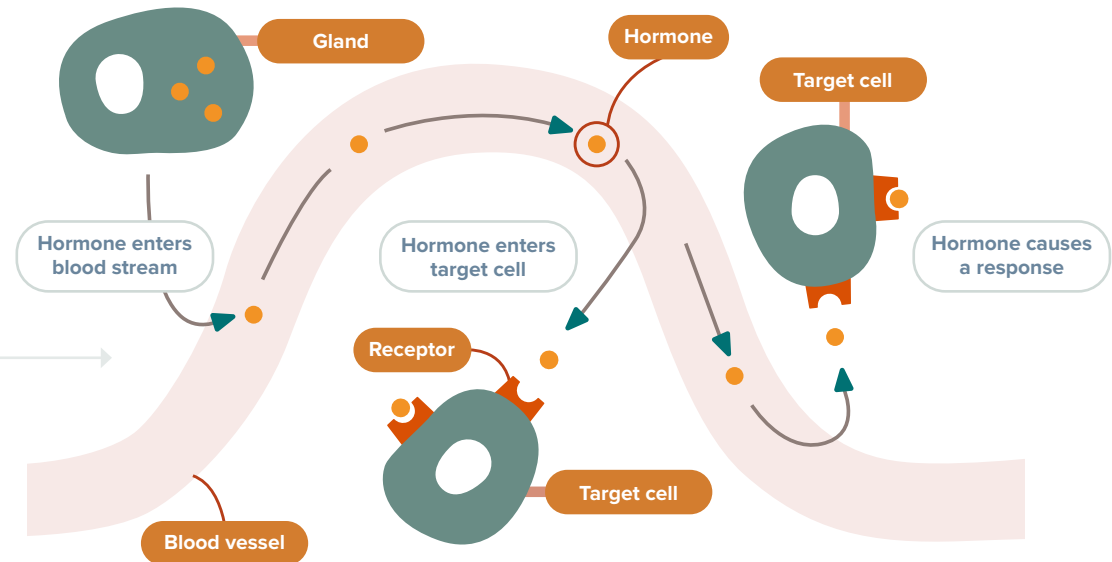


Hormones:

So, what do I need to know?

What are hormones?

HORMONES are substances that are produced by cells in our bodies. They flow through the blood and play a key role in our **daily lives**.¹



What are some of the major female reproductive hormones and *their functions*?

ESTROGEN:^{2,3}

- Is produced in the ovaries and is one of the main hormones in the **menstrual cycle**
 - The menstrual cycle is the body's process for preparing for pregnancy. This cycle typically takes place monthly in people who menstruate.
- Signals for the **thickening of the lining of the uterus**. This helps prepare the uterus for the chance of **pregnancy**

PROGESTERONE:²

- Is a hormone produced in the ovaries
- Plays an important role in the **menstrual cycle**
- Signals **to support the lining of the uterus**
- Prepares the uterus for a fertilized egg to implant and grow
 - If an egg is not fertilized during the cycle, progesterone levels will drop. This drop in progesterone will signal for a new menstrual cycle to start.

GONADOTROPIN-RELEASING HORMONE (GnRH):⁴

- Is a hormone produced in the brain
- Plays a crucial role in the production of other reproductive hormones
- Stimulates the release of two other hormones called **follicle-stimulating hormone** and **luteinizing hormone**

FOLLICLE-STIMULATING HORMONE (FSH):^{4,5}

- Is a hormone produced in the brain
- Helps to control the **menstrual cycle**
- Also helps with the **production of eggs** by the ovaries

LUTEINIZING HORMONE (LH):^{3,4,5}

- Is a hormone produced in the brain that's needed for **reproductive function**
- Triggers **ovulation**, which is the release of an egg by the ovaries



What is hormonal therapy and how does it work?

- Hormonal therapy is the **use of hormones in medical treatment**.⁵
- This type of treatment may be needed to help **manage hormone levels** in the body.⁵
- Hormonal therapy works by **modifying your body's natural hormone production**.⁵



What else should I know about hormonal therapy?

- **All medications have risks and benefits**.⁶
- In the US, prescription medicines must be approved by the **FDA**, which evaluates the risks and benefits of the medicine.⁶
- Use of hormonal therapy in those for whom it is not recommended can lead to higher risk.⁶

Speak to your healthcare provider about the risks and benefits of hormonal therapy for you.



What questions do you have regarding hormonal therapy? Write them down here and start a conversation with your healthcare provider.

How do I decide which hormonal therapy is best for me?

- **Shared decision-making involves working with your healthcare provider** to make a decision that is best for you.⁷
- **Shared decision-making with a healthcare provider** can help you decide on a plan after understanding all your options.⁷



To learn more about warning signs and treatment choices for endometriosis and uterine fibroids, visit the Uterine Health Guide.



References

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