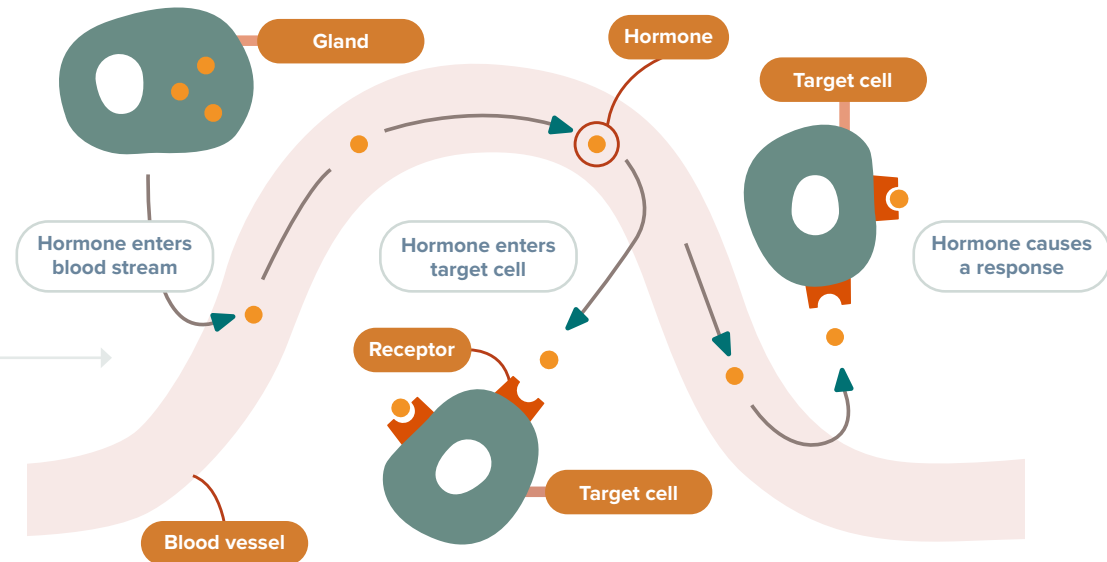


Hormones:

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.

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.



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

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