

Hormonal Influences of the Female Menstrual Cycle

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Course Description

- This course provides a detailed look at the systemic impacts of the menstrual cycle hormones as they relate to common female conditions. Topics of focus are case directed and include a general overview of hormonal dysregulation and depletion as explored through the female from adolescence through mature aging. Information provided aims to assist the physician in understanding the physiologic implications of hormone dysregulation along with diagnosis and management of hormone modulation.

Course Objectives

- Review the hormonal changes of the menstrual cycle and its effect on conditions of the breast and uterus as well as sleep patterns, fatigue and musculoskeletal changes.
- Provide tools and guidelines for proper assessment, diagnosis and management of the female patient and for various age-related health conditions from adolescence thru menopause as they relate to hormone imbalances and depletion.

Topics of Discussion

- I. Overview of female hormones
 - a. Androgens
 - b. The menstrual cycle
- II. Approaching the female patient
 - a. History
 - b. Composing a DDx
- III. Conditions Influenced by hormonal dysregulation
 - a. Benign gynecological disorders
 - b. Abnormal uterine bleeding
 - c. Pregnancy & Miscarriage
 - d. Sleep disturbances & weight gain
 - e. MSK & cognitive impacts from hormone depletion
- IV. Overview of managing female hormones
 - a. Laboratory evaluations & diagnostic tools
 - b. Natural hormone modulators