

How To Lower High Sex Hormone Binding Globulin

The Hormone Diet - Natasha Turner 2010-07-06

Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.

MEN'S HORMONES MADE EASY!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! - J.M. Swartz M.D. 2015-03-09

[Learn how to] prevent and reverse menopause, prostate issues, heart disease, and cancer. See how hormone issues at any age may wreck your relationship, make you fat, and accelerate aging and death. Learn how to safely improve your sexual performance, increase your energy, motivation, and sex drive, and strengthen muscles and bones. ... [This book] will show you how to create the kind of lifelong health that will allow you to pursue your passions in life. You will look great, feel great, lose weight, and have better sex! --Page 4 of cover.

Male Hypogonadism - Stephen J. Winters 2003-12-12

Recent advances in cellular and molecular biology have markedly increased our understanding of normal and abnormal hypothalamic-pituitary-testicular function. Like other volumes in the Contemporary Endocrinology series, the goal of *Male Hypogonadism: Basic, Clinical, and Therapeutic Principles* is to link current knowledge of basic biology to the practice of medicine. The development of new methods for testosterone replacement has substantially increased the number of men who are seeking to determine whether they are hypogonadal, and who are using testosterone replacement therapy, thus mandating a broader understanding of testosterone deficiency. The chapters of this book were contributed by authors from around the world, and from various scientific and clinical disciplines, who have devoted their careers to the study of the physiology and pathophysiology of the male. Thus, this comprehensive and focused volume is intended for a wide audience encompassing both basic scientists and practicing clinicians. Its scope will provide a wealth of information for students and fellows as well.

Testosterone - Alexandre Hohl 2023

Even though research on testosterone is increasing, there is still much controversy regarding its physiology and clinical use. This book provides a broad overview on testosterone, from its basic features to the most recent evidence of clinical applicability. In addition, specific conditions in which testosterone play a pivotal role are discussed in detail, such as hypogonadism, misuse and abuse, puberty, cardiovascular effects and testosterone therapy. The testes are vital organs for reproduction of the human species, besides being the main source of testosterone production in men. Although not essential for survival, these singular structures represent the essence of male biological function. Testosterone is the most important testicular androgen in men. Low serum testosterone levels are associated with cardiovascular morbidity, metabolic syndrome, type 2 diabetes mellitus, atherosclerosis, osteoporosis, sarcopenia, and mortality. Also, there is increasing evidence that serum testosterone is a major biomarker status of men's health in general. Hypogonadism in a male refers to a decrease in one or both of the two major functions of the testes: sperm production or testosterone production. These abnormalities can result from disease of the testes (primary hypogonadism) or disease of the pituitary or hypothalamus (secondary hypogonadism). Currently, the clinical features of male hypogonadism are sufficiently well-recognized, the causes are well-known, and the tests of the hypothalamic-pituitary-testicular axis are accurate enough for the diagnosis in most patients. Testosterone, the focus hormone of this book, is used in different forms and routes of administration. Several authors unravel its peculiarities and assist in choosing the most suitable form in each case, as well as the possible risks of its misuse or even abuse in men and women, seeking alternatives to help patients in this situation.

Hyperandrogenism in Women - R. Pasquali 2019-09-09

Hyperandrogenism profoundly affects women's lives from lowering self-esteem to changing cognition and affective motivation. The polycystic ovary syndrome (PCOS) is the most common androgen excess disorder worldwide. While it is not the focus of this book, some aspects are discussed. The aim of this book is to improve understanding of androgen

excess and its impact on several conditions. Topics include development of adipose tissue in females, insulin sensitivity, congenital adrenal hyperplasia, and Cushing's disease/syndrome. There is also a discussion of PCOS with emphasis on in utero origins and specific genetic and epigenetic factors. This book provides a wealth of relevant information for every endocrinologist and gynecologist who wants to broaden their knowledge of androgens in various conditions.

Advances in Research and Applications - Gerald Litwack 2000-01-27

Under the capable and qualified editorial leadership of Dr. Gerald Litwack, *Vitamins and Hormones* continues to publish cutting-edge reviews of interest to endocrinologists, biochemists, nutritionists, pharmacologists, cell biologists, and molecular biologists. First published in 1943, *Vitamins and Hormones* is the longest-running serial published by Academic Press. In the early days of the Serial, the subjects of vitamins and hormones were quite distinct. Now, new discoveries have proved that several of the vitamins function as hormones and many of the substances inferred by the title of the serial function in signal transduction processes. Accordingly, the Editor-in-Chief has expanded the scope of the serial to reflect this newer understanding of function-structure relationships in cellular communication. The Editorial Board now reflects expertise in the field of hormone action, vitamin action, X-ray crystal structure, physiology, and enzyme mechanisms.

Managing Breast Cancer Risk - Monica Morrow 2003

Managing Breast Cancer Risk is a single source for information needed by primary care physicians, nurses, gynecologists, as well as oncologic specialists who deal with women who are concerned about breast cancer. Its purpose is to bring together a multidisciplinary group of experts to address breast cancer risk in a clinically meaningful way. Chapters providing detailed information on individual risk factors are accompanied by a discussion of models, which integrate multiple factors for a more complete assessment of risk. Traditional strategies for risk management, including surveillance and prophylactic surgery, are reviewed, and the data on newer techniques such as ductal lavage and screening with magnetic resonance is presented. The rationale for chemoprevention with selective estrogen receptor modulators (SERMS) is discussed, and the evidence for tamoxifen as a chemopreventative is updated. The potential for chemoprevention with newer SERMS and the aromatase inhibitors is reviewed. Finally, the critical (and often ignored) areas of quality of life and symptom management are addressed.

Hormones, Cognition and Dementia - Eef Hogervorst 2009-09-24

A decade ago, oestrogen-containing hormone therapy was viewed as a promising strategy for the prevention and treatment of dementia and age-related cognitive decline. However, treatment trials in women with Alzheimer's disease showed that oestrogens did not reverse cognitive impairment, and clinical trials in healthy older women indicated that oestrogens did not prevent cognitive decline. The Women's Health Initiative Memory Study trial even suggested an increased risk of dementia with treatment late in life. What happened? How are we to understand these findings? What are the implications for middle-aged and older women? What about testosterone, and what about men? And where do we go from here? This book brings together world-renowned experts in basic and clinical research on sex steroids, aging, and cognition to integrate existing findings with emerging new data, and offer challenging hypotheses on these key issues.

Effect of a Soy Dietary Supplement on Menopausal Symptoms and Hormones in Women at High Risk of Breast Cancer - 1999

The usefulness of a dietary soy supplement resulting in an intake of 45 mg/day of phytoestrogens, was tested in a randomized cross-over design in menopausal women aged 45-58 years of age who reported a high level of menopausal hot flashes (>5/day). Women were on the soy or placebo bars for 3 months. A 22 and 26% reduction in the frequency of hot flashes was reported during both the soy and placebo supplemented phases of the study, respectively, compared to baseline, but no difference was observed in the reported number or intensity of the hot flashes when the soy and placebo phases were compared. Endogenous hormones, however, were altered with a significant decrease in serum estradiol ($p=0.003$) on the soy phase compared to baseline and compared to the placebo ($p=0.03$). Decreases in Sex-Hormone Binding Globulin were also seen ($P=0.0001$) compared to baseline and increases in Follicle-

Stimulating Hormone and Leutinizing Hormone ($p=0.03$ for both). Levels of serum phytoestrogen achieved in the women while on the soy supplement were comparable and probably higher than levels seen in the Asian population. A significant inverse association was observed between levels of estrone-sulfate and the number of hot flashes reported ($p=0.02$).

Natural Hormone Balance for Women - Uzzi Reiss 2001-10-26

A pioneering gynecologist and antiaging specialist with a successful Beverly Hills practice, Dr. Uzzi Reiss shows the way for women who want to turn back the effects of time through natural hormone therapy, but who wonder: is it safe? Does it work? Is hormone therapy right for me? *Natural Hormone Balance for Women* is Dr. Reiss's breakthrough, step-by-step program for women who want to take control of their lives by restoring hormonal balance. This revolutionary, commonsense natural hormone replacement program is designed to meet the individual needs of most women looking to rejuvenate body and mind—and offers astounding benefits for women of all ages: More energy and stamina * Improved memory * Healthier, more youthful skin * Balanced moods * Less depression and anxiety * Stabilization of weight and more muscle definition * Better sleep patterns * PMS and menopausal symptoms reduced or eliminated * Enhanced sexuality Dr. Reiss takes the confusion out of the medical information you need to know. In clear, nontechnical language, he thoroughly explains: -the important difference between standard chemical hormone prescriptions and natural hormone replacements -which hormone replacements are best for you and how to adjust them to your maximum individual benefit -how to take hormones without worry -how to choose the most effective hormonal gel, cream, pill, or sublingual drops, and when to use them. Dr. Reiss has helped thousands of women transform their lives by achieving natural hormone balance. Now you can tap into the replenishing "fountain of youthfulness" that is not only essential for better life, but easier and safer to achieve than ever before.

The Immunoassay Handbook - David Wild 2005-06-20

Containing updated and new information on advanced technology - including micro and nanoscale immunoassays - this text provides a mix of practical information coupled with a review of clinical applications and practical examples.

Advances in the Management of Testosterone Deficiency - T. Hugh Jones 2009

Testosterone has an important influence on major organ systems and tissues, including brain, metabolism, cardiovascular as well as musculoskeletal and immune systems. Covering many clinical areas, this book pays particular attention to the diagnosis and management of hypogonadism, discussing current guidelines, biochemical assessment, new options in testosterone replacement therapy and long-term monitoring of treated men. Furthermore the role of testosterone deficiency in aging, obesity, muscle function and frailty and erectile dysfunction is covered. Recent evidence for the role of testosterone in the pathogenesis of chronic diseases such as diabetes, cardiovascular disease and osteoporosis is reported. New developments in the potential treatment of these clinical conditions are also presented. Primarily of interest to endocrinologists, urologists, andrologists and sexologists, the range of topics covered is also relevant to primary care physicians, gerontologists, diabetologists and cardiologists.

The Natural Diet Solution for PCOS and Infertility - Nancy Dunne 2006-03

This book suggests natural health solutions for PCOS, ovarian cysts and polycystic ovaries that can help you to; regulate your periods; enhance your fertility; diminish risk of miscarriage; relieve depression; lose excess fat and gain toned muscle; enjoy increased energy on a consistent basis; clear up acne; decrease unwanted hair growth; normalise skin tone and texture; minimise heart disease and diabetes risk; lessen the need for expensive medications; reduce need for ovarian surgery.

Bioidentical Hormone Replacement Therapy - Rudy Dragone 2014-02-21

All through our lives we are plagued with certain truths, we are born, we live and we die. Many of us live life never really having great health. Everywhere you turn these days you hear and see more and more news and advertising about Hormone Replacement Therapies (HRTs). From large pharmaceuticals marketing the latest synthetic low testosterone replacement roll-on to celebrities extolling the virtues of Bioidentical Hormone Replacement Therapy, (BHRT) as a virtual fountain of youth. The truth is there are a lot of mistruths about the role bioidentical hormones can have in the cure of several severe symptoms; the overall wellbeing of your patients and safety concerns about their use. This book

is to serve as a guide to understanding the role hormones have in assessing symptoms that may be aggravated by hormonal imbalances or deficiencies. The last half of this book contains a clinical reference guide to help healthcare practitioners check for hormonal imbalances and recommend dosing of bioidentical hormones in the treatment of their patients. The goals of this book are to: 1. Educate healthcare professionals about the role of hormones in the wellness of their patients. 2. Educate the public of the significant role hormonal imbalances can play in their overall wellness. 3. Provide the necessary tools to determine if bioidentical hormone replacement therapies are appropriate for your patients. 4. Help expand healthcare practices through referrals by happy, healthy patients and bioidentical hormone replacement therapies that improve patient lives while making sound business sense to your practice. The roll that bioidentical hormone replacement therapy has in overall wellbeing for millions of people is simply remarkable.

Clinical Gynecology - Eric J. Bieber 2015-04-23

Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and infertility, infectious diseases, urogynecologic problems, gynecologic concerns in children and adolescents, and surgical interventions including minimally invasive surgical procedures. Information is easy to find and absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

Journal of the National Cancer Institute - 2013

Herbal Medicine in Treating Gynaecological Conditions - Hananja Brice-Ytsma 2020-01-30

For herbalists at all levels, this book presents recent insights into the hormonal basis of gynaecological problems in order to enable practitioners to devise effective treatment plans and explain them clearly to their patients. Female hormones are comprehensively explained - from the metabolism and role of oestrogen in health and disease to the role of progesterone and herbal influences on its production. General principles of herbal treatment are based on the interaction of the digestive, circulatory, endocrine, and nervous systems to support health and recovery from disease. These principles are applied to treatment and case management of gynaecological problems, with detailed examinations of PMS and menopause. Specific herbs used in gynaecological treatment are categorised by their constituents and actions.

Androgens and the Aging Male - B.J. Oddens 1996-11-15

While menopause in women is a well-established and well documented phenomenon, the andropause in men is a relatively new concept. The terms male menopause and andropause suggest that this is an abrupt phenomenon related to a sudden deprivation of sex hormones. Unlike the menopause, which has a relatively sudden onset, the andropause appears to be a gradual process. It has been hypothesized that an androgen deficiency might develop with aging. *Androgens and the Aging Male* explores this hypothesis. The book focuses on the gradually progressive problems related to the decline in androgens that can occur with advancement of age. It examines the debate about the extent to which an age-dependent decline in androgens leads to health problems that affect or impair the quality of life, and the theory behind it. In addition, it reviews studies evaluating the effects of androgen supplementation. *Androgens and the Aging Male* comprehensively covers androgen function and how it changes over time.

Polycystic Ovary Syndrome - Andrea Dunaif 2008-01-12

This volume includes the latest diagnostic criteria for PCOS and comprises the most up-to-date information about the genetic features and pathogenesis of PCOS. It critically reviews the methodological approaches and the evidence for various PCOS susceptibility genes. The book also discusses additional familial phenotypes of PCOS and their potential genetic basis. All four editors of this title are extremely prominent in the field of PCOS.

Advanced Practice in Endocrinology Nursing - Sofia Llahana 2019-02-26

This book provides a comprehensive guide for nurses practicing in any area of endocrinology and at any level of expertise. Endocrinology Nursing is a fast-developing specialty with nurses performing advanced roles and expanding their practice to run independent nurse-led services. Supported by the European Society of Endocrinology (ESE) and edited by

members of the ESE Nurses Working Group, this is the first book ever published specifically for endocrine nurses. It is also an excellent resource for endocrinology specialty trainees, general practitioners, medical and nursing students, expert patients and nurses working in specialties such as fertility, osteoporosis, oncology, obesity, urology and gynaecology, who look after patients with endocrine-related disorders. This volume includes 13 sections and 69 chapters providing a comprehensive overview of adult and paediatric endocrinology but also a

section on advanced practice, role development and nursing research. It has been written by an international team of more than 100 eminent nurses, physicians, surgeons, psychologists and other healthcare professionals, which makes this book a valuable resource for any multidisciplinary team. Many patient advocacy groups have contributed with case studies which emphasises the close working relationships with patients.

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