

WOMEN'S HEALTH

While women are known to be fantastic care-takers, they generally neglect their own health issues and instead focus on needs of their children/spouse. Although it is difficult, it is important for women to make their health a priority so they can better care for their families.

CA 125 Screening

In recent years, the CA 125 screening for ovarian cancer has gained popularity as a way to detect high levels of the protein CA 125 (cancer antigen 125).

In some cases, certain types of cancer cells release CA 125 into the bloodstream. Therefore, the CA 125 screening may be used to detect and monitor ovarian, endometrial, and fallopian tube cancers.

However, the CA 125 screening is generally **not recommended** for women who have an **average risk** for ovarian cancer. Because an elevated CA 125 level can be indicative of other conditions, the screening often gives false positives.

If you are concerned, speak with your doctor about your screening options.

HORMONES

Ahhh.....the dreaded H word! Throughout a woman's life, hormones play a significant role in daily living. From puberty to menopause, a woman's hormone levels are constantly changing. Having the right balance of hormones is critical to overall health and vitality.

Estrogen Dominance

Too much estrogen causes:

Bloating/Fluid Retention

Fat Deposits (waist/hips)

Suppressed Thyroid

Sugar Cravings

Blood Sugar Deregulation

Low Progesterone

Low progesterone causes:

Fat Deposits (waist/hips)

Increased Cortisol Levels

Insulin Resistance

Low Libido

Depression

Low Testosterone/DHEA

Low Libido

Fatigue

Aches/Pains

Depression

Lack of Motivation

Fat Deposits

Anxiety

Loss of Muscle