

HORMONES & AGING

with the  study

The **sex hormones** in a women's body are essential for healthy aging. When hormone levels are too high or too low, it can lead to increased health diagnoses



What are our sex hormones?

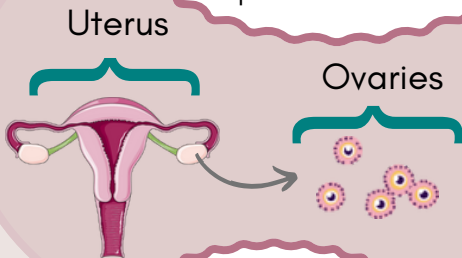
The major **sex hormones** are **estrogen, progesterone, and testosterone**

Estrogens are produced in our ovaries and can travel through the bloodstream to different tissues and organs in our bodies



Different types of **Estrogens** are present during menopause, menstruation, and pregnancy

Sex hormones are responsible for the development and maintenance of reproductive tissues



This includes breasts, ovaries, uterus, etc.

What happens when Estrogen and Progesterone are low?

When Estrogen and Progesterone are low, it can lead to:

- Higher blood pressure
- Irregular periods
- Inflammation
- Abnormal uterine bleeding
- Weaker Bones

So why are we interested in studying sex hormones in **Women Living With HIV**?

Beyond their role in reproductive health, **sex hormones** are important in the health of multiple organ systems

WLWH may experience more hormone imbalance, which can lead to more health diagnoses and earlier menopause

We aim to learn more about **sex hormones** and healthy aging so that we can better support **WLWH** as they age