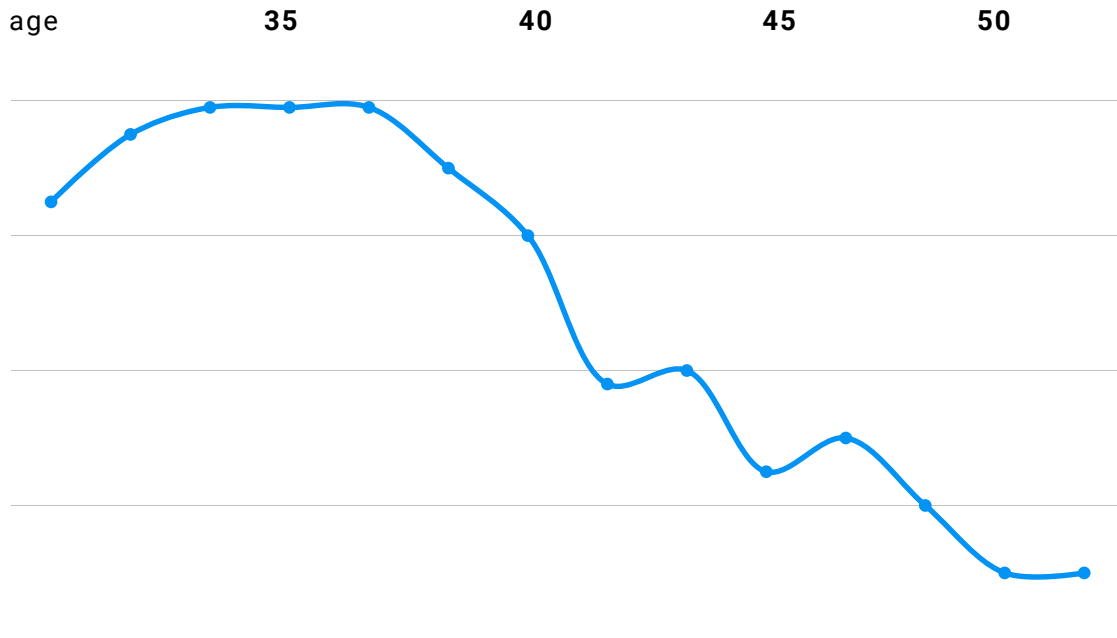


ESTRADIOL LEVELS

Hormone levels change over age. Ovarian activity changes over time and the circulating levels drop quite rapidly during perimenopause.



OESTROGEN IS A CATEGORY OF HORMONES.

Estradiol is the oestrogen created in the ovaries during the menstrual cycle.

OESTROGEN IS A ANABOLIC HORMONE

It promotes growth and strength and also plays a vital role in supporting the 11 systems of the body:

Cardiovascular - heart, veins, arteries, temperature

Digestive and excretory - mouth, stomach, intestines

Endocrine system - influence other hormones

Exocrine - skin, hair, nails, sweat

Immune and lymphatic system - defense against disease

Muscular system - movement and metabolism

Nervous system - sense and the brain

Renal and urinary system - kidneys

Reproductive system - periods and pregnancy

Respiratory system - breathing capacity

Skeletal system - bones formation, tendon and ligament flexibility