

## Treatment for Hormonal Imbalance in Males and Females

Russell Fair\*

Department of Endocrinology, University of Manchester, Manchester, United Kingdom

### DESCRIPTION

Hormonal imbalances occur when the bloodstream contains too much or not enough hormone in the body. Because hormones play such an important function in the body, even minor hormonal abnormalities have serious consequences. Hormones are substances produced by the endocrine system's glands. Hormones flow through the bloodstream to tissues and organs, carrying signals that instruct the organs on what to do and when to do it. Because hormones are required for the regulation of the majority of fundamental body processes, a hormonal imbalance can impact many bodily systems. Hormones aid in the regulation of metabolism, blood sugar levels, growth, blood pressure, reproductive cycles, sexual function, overall growth and development, mood, and stress levels. Insulin, steroid, growth hormone, and adrenaline imbalances can affect both men and women. Females may also experience estrogen and progesterone abnormalities, but males are more prone to experience testosterone imbalances. The symptoms of a hormonal imbalance differ depending on the afflicted gland and whether the person is male or female. Women are more likely to have the following symptoms: Mood swings, diarrhea or constipation, irregularity in the menstrual period, infertility, menstruation causes abdominal or back pain, low sex drive, insomnia, weight gain, weight loss, fragile bones, hirsutism, often known as excessive hair growth and cutaneous rashes. When a male has low testosterone levels, he will often experience the following symptoms: Erectile dysfunction, loss of muscular mass, limited hair growth, and discomfort in the chest area.

Acne can develop as a result of excessive oil production in the skin's sebaceous glands.

Excess oil can block pores and attract microorganisms, inflaming the skin even more.

The hormones testosterone, estrogen, and progesterone can all affect the sebaceous glands in the skin.

These hormones can influence acne in a variety of ways, including: Testosterone aids in the regulation of sebum (oil) production. Excessive amounts can clog pores, resulting in acne. Increasing progesterone levels are thought to play a role in

pregnancy-related acne, however, experts aren't sure how. Women may develop postmenopausal acne as a result of changes in estrogen and progesterone levels. Hormone imbalances can disturb various systems in the body, resulting in weight gain.

Here are a few examples: Thyroid hormones regulate the body's metabolism, or the rate at which energy is burned. Thyroid hormone deficiency can slow metabolism and cause weight gain. Weight gain during menopause might be caused by decreased estrogen levels. PCOS-related hormonal abnormalities might result in weight gain. Weight gain is reported as a symptom by more than 80% of persons with Cushing's disease. This condition causes the body to produce an excessive amount of cortisol.

### Treatments for females

Treatment options for females suffering from hormonal abnormalities include:

**Hormone therapy or birth control:** Medication combining estrogen and progesterone can help manage irregular menstrual periods and symptoms in women who are not attempting to conceive. Birth control pills, rings, patches, shots, and intrauterine devices are all available (IUD).

**Estrogen in the vaginal cavity:** To alleviate symptoms of vaginal dryness caused by changes in estrogen levels, women can use estrogen-containing lotions directly to vaginal tissues. They can also alleviate vaginal dryness using estrogen tablets and rings.

**Hormone replacement therapy:** There are medications available to temporarily alleviate severe menopausal symptoms such as hot flashes and night sweats.

**Eflornithine (Vaniqa):** This prescription lotion may help women with excessive facial hair development.

**Anti-androgen therapy:** Medications that inhibit the male-sex hormone androgen can help reduce severe acne and excessive hair growth or loss.

**Letrozole plus clomiphene (Clomid) (Femara):** These drugs aid in the stimulation of ovulation in PCOS patients attempting to conceive. Doctors may also administer gonadotropin injections to

**Correspondence to:** Russell Fair, Department of Endocrinology, University of Manchester, Manchester, United Kingdom, E-mail: carrollf@bristol.ac.uk

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patients with PCOS and infertility to assist boosts the odds of conception.

**Assisted Reproductive Technology:** *In Vitro* Fertilization (IVF) may be used to assist persons suffering from PCOS issues in becoming pregnant.

### Treatments for males

Males with hormonal abnormalities have several treatment options, including: Testosterone boosters, Testosterone gels and patches can help lower the symptoms of hypogonadism and other diseases that induce low testosterone levels, such as delayed or stunted puberty.