

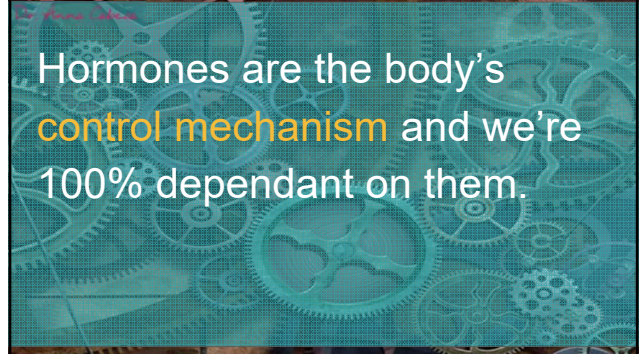
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Haywire hormones
Weight
Energy/Vitality/Endurance
Moods /Self Esteem
Sleep
Hot flashes and Night Sweats
Memory
Libido/Intimacy
Skin Health (Looking Younger)
Dry eyes

Mayo Menopause

Dr. Anna Cabeca




Hormones are the body's
control mechanism and we're
100% dependant on them.

Mayo Menopause

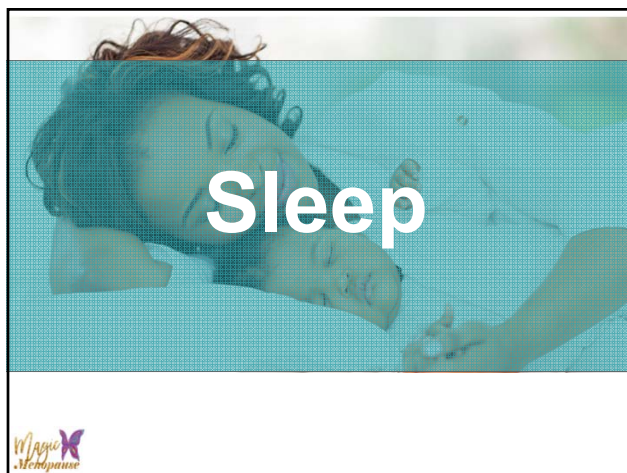
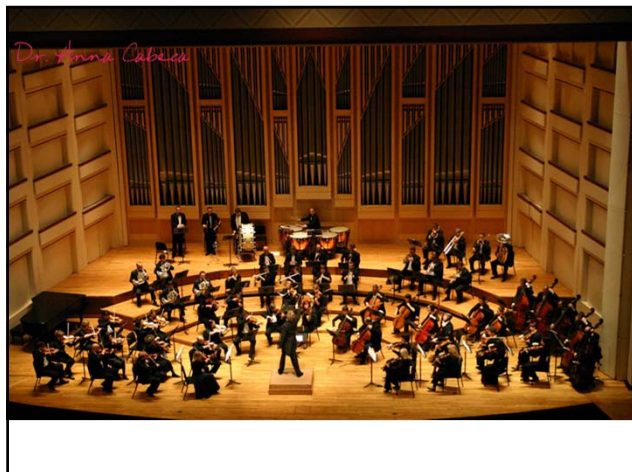
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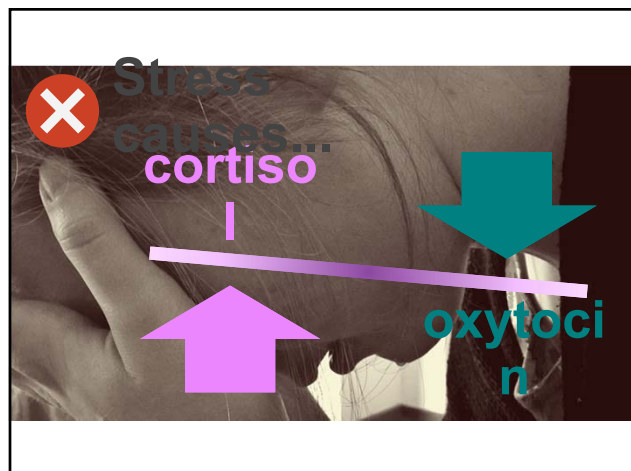
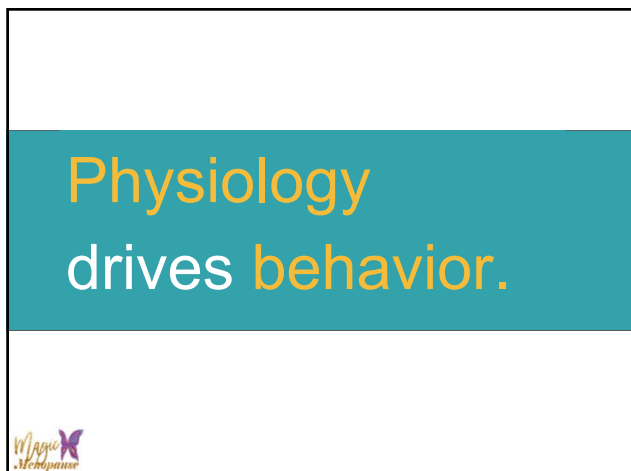
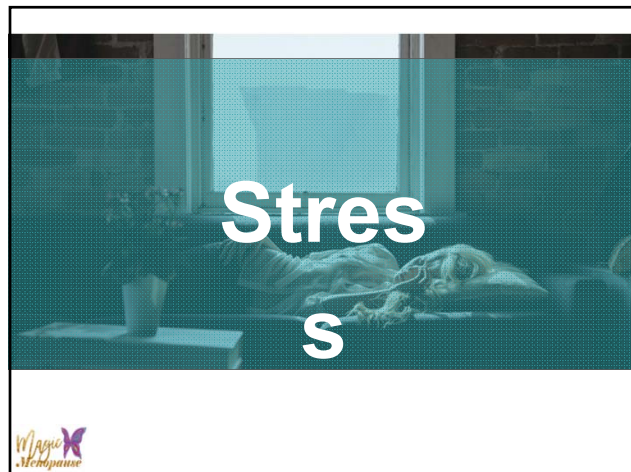
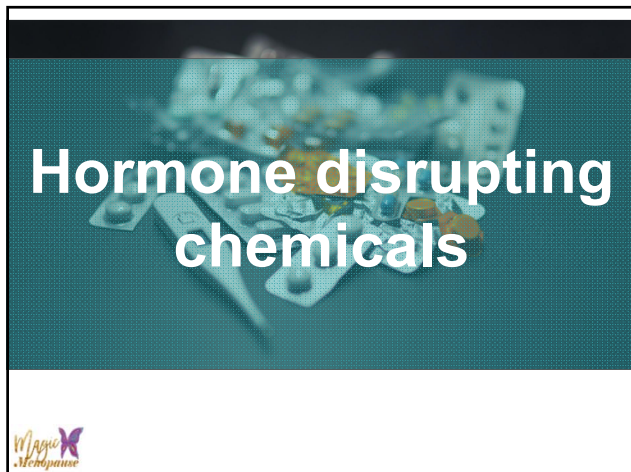
- Relief of hot flashes, night sweats
- Treatment of vulvar & vaginal atrophy
 - Bone health
 - Fracture prevention
 - Heart health
 - Brain & Memory
- Cancer risk reduction

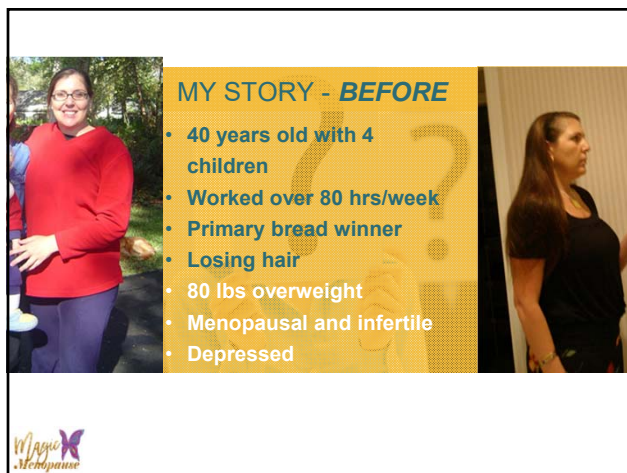
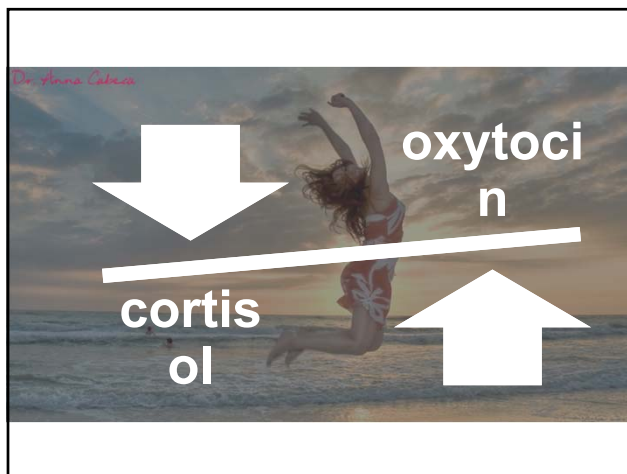
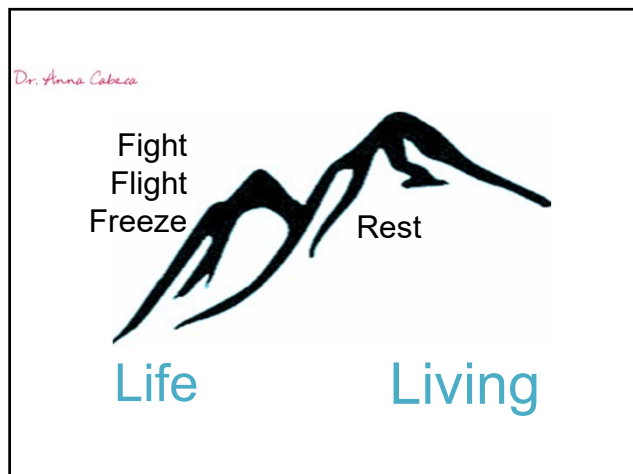
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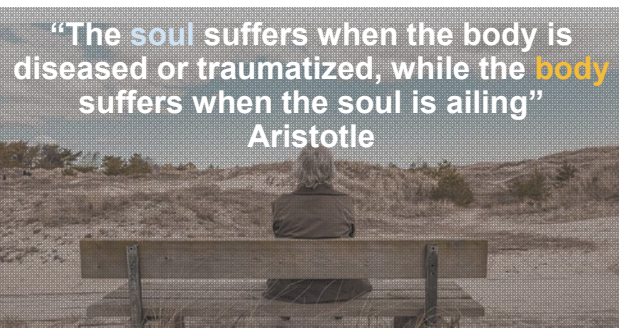
We want to
achieve a
balance








"The **soul** suffers when the body is diseased or traumatized, while the **body** suffers when the soul is ailing"
Aristotle



Maggie Menopause


MY STORY -
AFTER!
Hair **grew back**
Lost over 80 lbs
Fertile again... meet my miracle!
Wake up **excited** each morning
Reclaimed sex drive



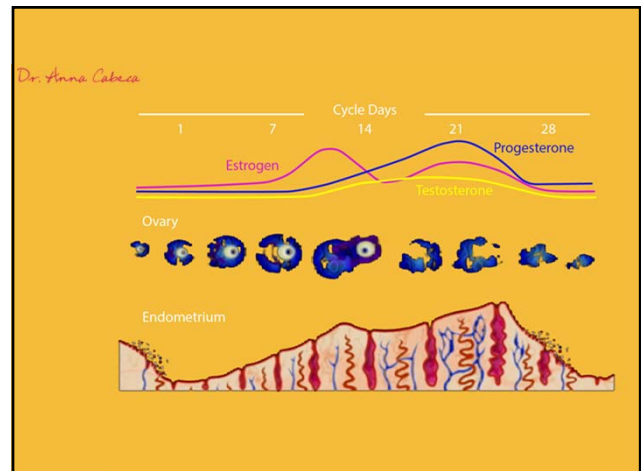
AND WHAT'S MORE...

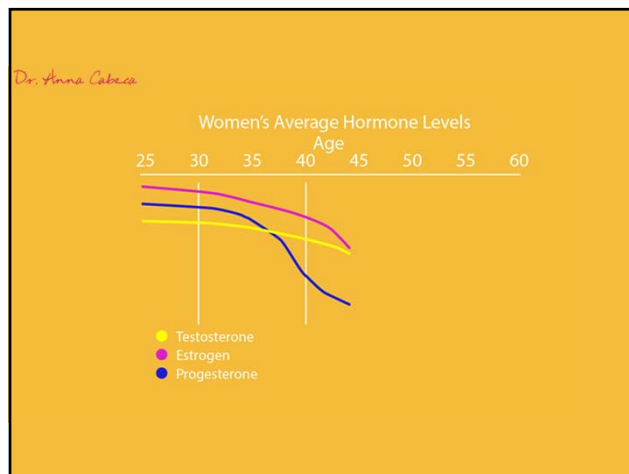
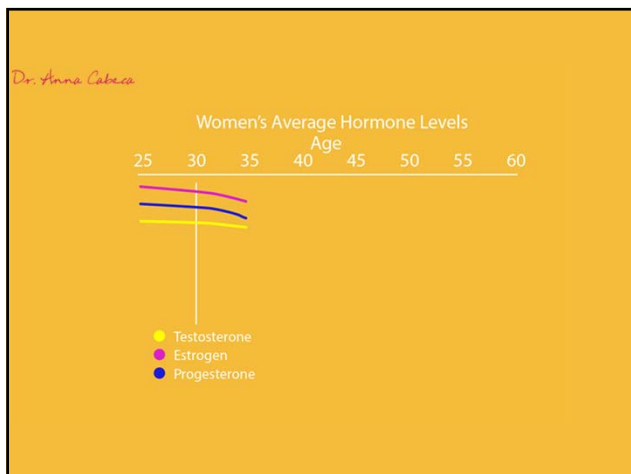
Maggie Menopause

I knew I was missing something.



Maggie Menopause

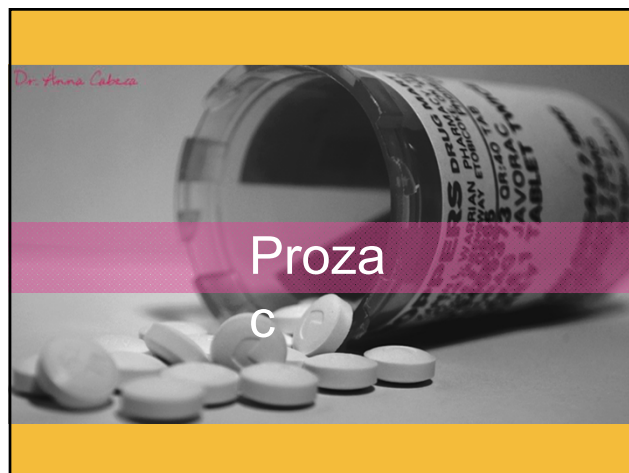




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Symptoms of Estrogen Dominance

- ☆ Mood Swings
- ☆ Irritability
- ☆ Depression



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Symptoms of Estrogen Dominance

- ☆ Irregular Periods
- ☆ Heavy Menstrual Bleeding
- ☆ Dysmenorrhea
- ☆ Ovarian Cysts

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OCP's

Dr. Anna Cabeca



Hysterectomy

Dr. Anna Cabeca

Symptoms of Estrogen Dominance

- ☆ Decreased Libido
- ☆ Headaches
- ☆ Fatigue
- ☆ Short-term Memory Loss
- ☆ Lack of Concentration
- ☆ Thinning of Scalp Hair

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Symptoms of Estrogen Dominance

- ☆ Dry, Thin, Wrinkly Skin
- ☆ Increased Facial Hair
- ☆ Diffuse Aches and Pain
- ☆ Vaginal Dryness
- ☆ Water Retention
- ☆ Weight Gain: Hips, Thighs, and Abdomen

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Prozac

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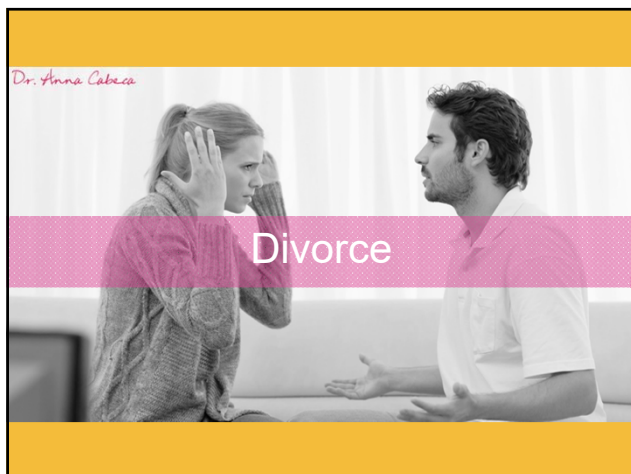


OCP's

Dr. Anna Cabeca



Hysterectomy

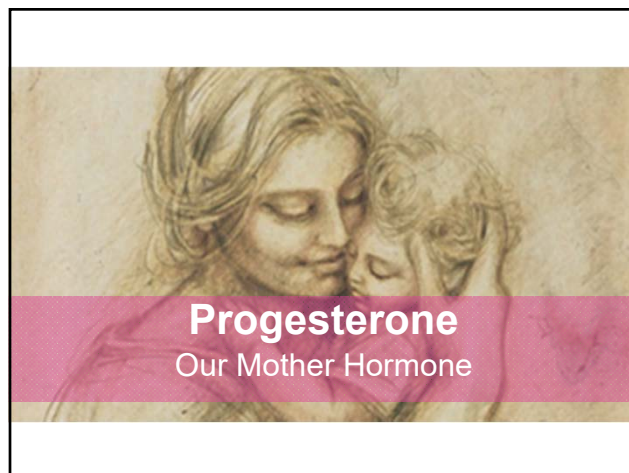
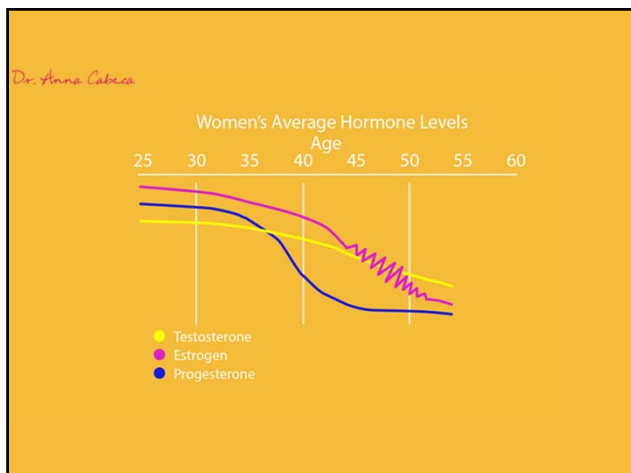


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Estrogens Functions

- Development of sex characteristics
 - Stores fat
 - Increases Serotonin
 - Improves insulin sensitivity
- Stimulates growth of endometrial tissue
- Stimulates development of follicle
- Stimulates growth of breast tissue
 - Supports vaginal integrity
- Maintains collagen in the skin and connective tissue

Carol found her own way of coping with the hot flushes



Dr. Anna Cabeca

Progesterone Functions

- Stabilizes the endometrium
- Essential for maintaining pregnancy "Hormone of Pregnancy"
 - Supports Th2 immunity
 - Neuroprotective
 - Anti-inflammatory
 - Promotes normal sleep patterns
- Calming effect on the brain/GABA receptors

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Progesterone Functions

- Reduces cholesterol
- Inhibits coronary vasospasm
 - Diuretic
- Enhances thyroid hormone activity, ↓TBG
 - Anti-depressant
 - Promotes Osteoblasts
 - Promotes cell differentiation
- Promotes normal cell death (apoptosis)

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Progesterone

Need it with or without a uterus!!!!

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Association with breast cancer

- May be protective pre-menopause
- Undetermined risk post menopause
 - Induces apoptosis (programmed cell death) - Up regulates P53

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Fournier 2005 – French study: 54,548 PM♀

- Little or no increased risk with oral or transdermal E alone or combined with oral micronized Progesterone
- Increased risk when combined with synthetic progestins.
- Conclusion: "The association between HRT use and breast cancer risk most likely varies according to progestogen used."

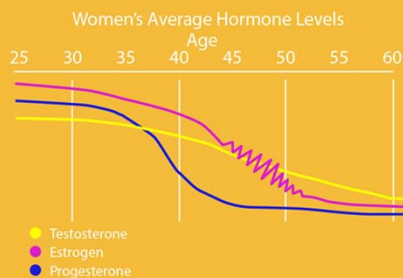
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No increased risk was apparent among EP therapy users treated with natural micronized progesterone. Among users of EP therapy containing a synthetic progestin, the odds ratio was 1.57 (0.99-2.49) for progesterone-derived and 3.35 (1.07-10.4) for testosterone-derived progestagen.

Conclusion: "Formulation of EP therapies containing natural progesterone, frequently prescribed in France, was not associated with increased risk of breast cancer."

Cordine-Duverger E, Truong T, Anger A, Sanchez M, Arveux P, Kerbrat P, et al. (2013) Risk of Breast Cancer by Type of Menopausal Hormone Therapy: a Case-Control Study among Post-Menopausal Women in France. PLoS ONE 8(11): e78916. doi:10.1371/journal.pone.0078916 French study: 1555 PM.

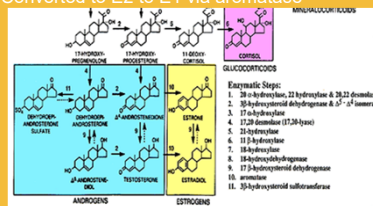
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Testosterone

- Secreted by adrenal glands and ovaries♀ and testis♂
- Converted to E2 to E1 via aromatase





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Functions


- Improves sleep
- Improves sense of well being and vitality
- Essential for libido, arousal, and orgasm
- Inhibits fat accumulation
- Improves bone density
- Helps to maintain lean muscle mass



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- Decreased libido and potency
 - Memory failure
- Loss of ability to concentrate
 - Moodiness/emotionality
 - Depression
 - Reduced activity
 - Passive attitudes
 - "General tiredness"
- Nervousness, anxiety
 - Irritability

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Statin tx lowers libido

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April 16, 2010 -- Statin therapy prescribed to lower cholesterol also appears to lower testosterone, according to a study that evaluated nearly 3,500 men who had erectile dysfunction or ED.

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"Current statin therapy is associated with a twofold increased prevalence of hypogonadism," - Giovanni Corona, MD, PHD, a researcher at the University of Florence in Italy

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Stress and Hair loss

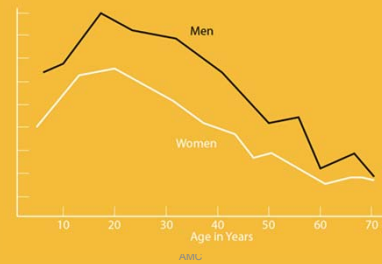
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Causes

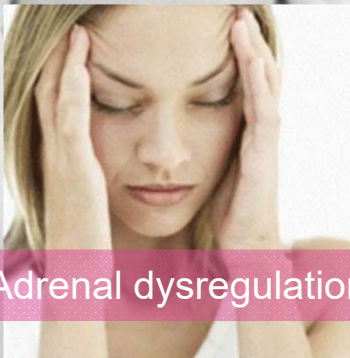
- Stress -> 5-alpha reductase
- B vitamin deficiency
- Protein deficiency
 - High fat diet
- Thyroid disease

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Decline of DHEA with aging



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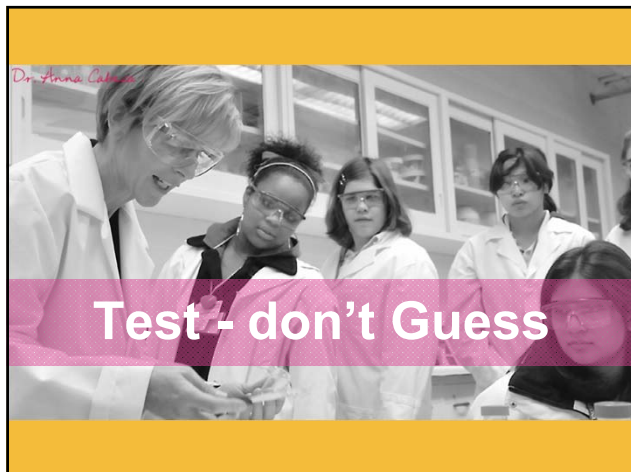


Adrenal dysregulation

Testing is key



Wagyu
Menopause



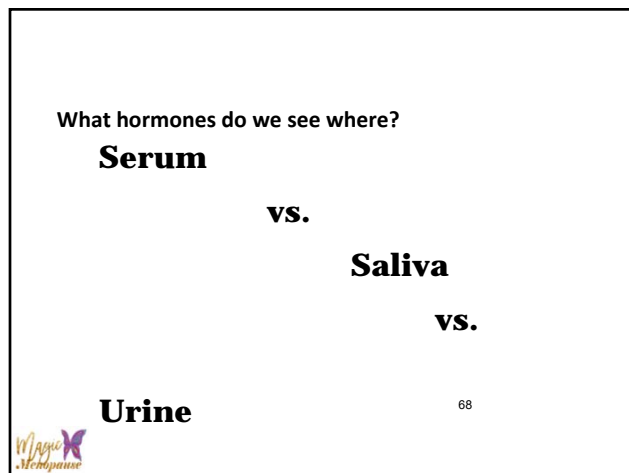
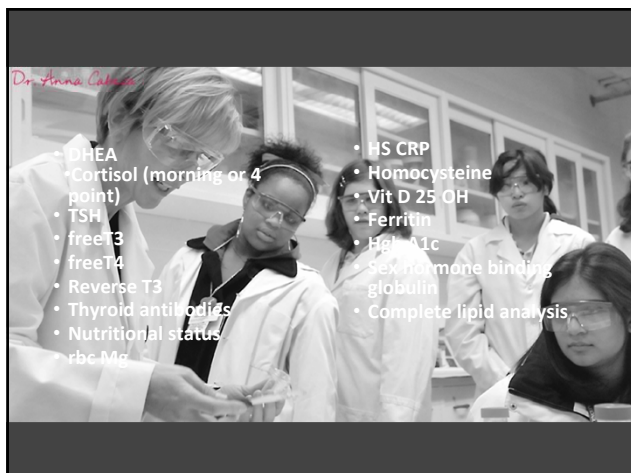
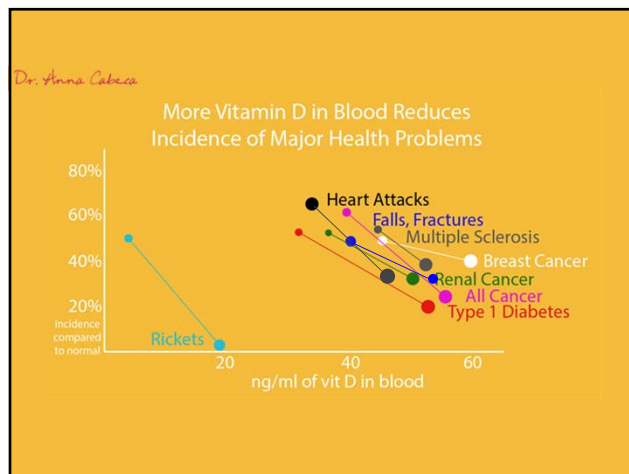
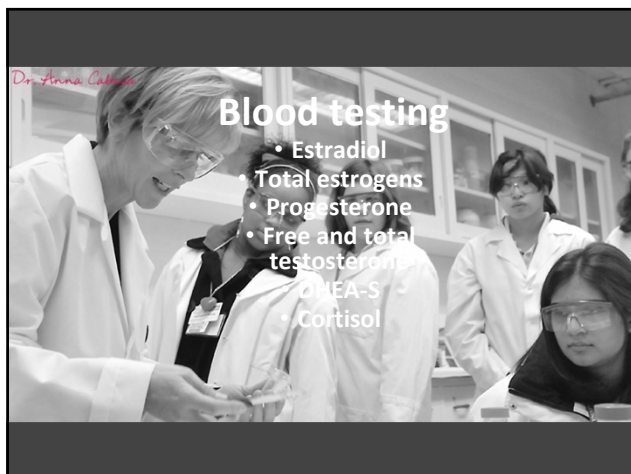
Evaluating & Balancing Hormones

- What do you want to know and test for?
- When should you test for it?
- Where should you test for it?
- How should you test for it?
- What information is the test giving you?
- How will you use this information to treat the patient?
- What follow up testing should you do?

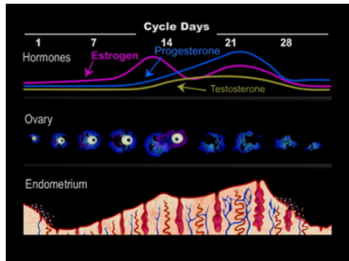
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Practice medicine
that makes sense!



When do we want to test it?



When do we want to test it?

- In a menstruating woman
 - Cd 19 – 21: Peak luteal phase hormone levels
 - Cd 3: Baseline levels ex. FSH, E2
- Diurnal variation
- Trough levels
- Consistency
- “We must draw the specimen at the same time every time”

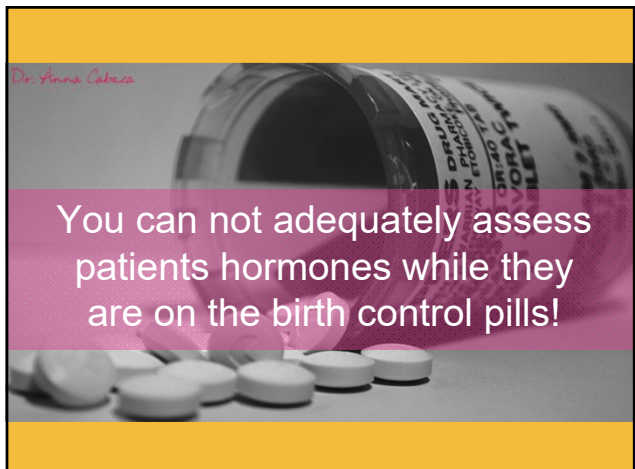


Instruct Patient on Proper Sample Collection

- Serum:
 - Collect blood 8-10 hours after last dose of HRT (all forms except patch).
 - Once/week patch collect ~3 days after applying.
 - Twice/week patch collect ~19 hours after applying.
- Saliva:
 - Collect saliva 8-12 hours after last dose of HRT (all forms except patch).
- Urine:
 - 24 hour urine collections should be used with HRT, in order to average hormone peaks and troughs with once or twice a day dosing.



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**Treat the
patient, NOT
the labs**



Dr. Anna Cabeca
"In medicine, **90%** of our diagnoses is
based on our H&P

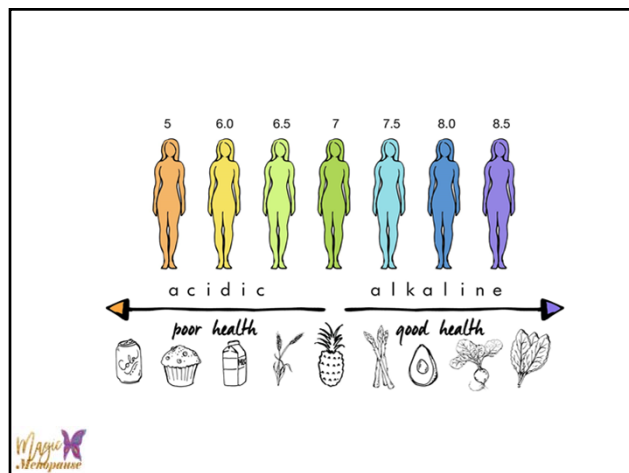
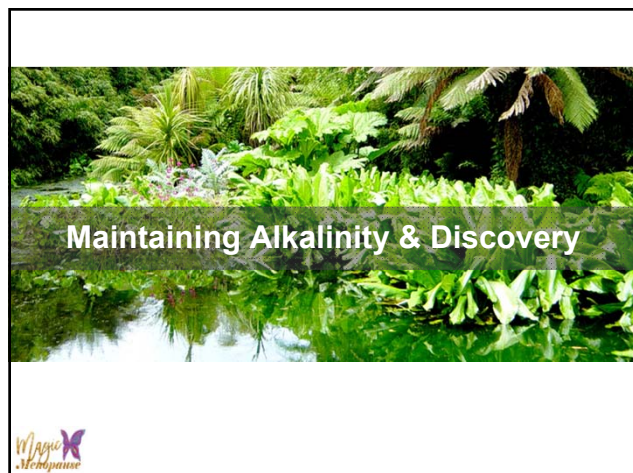
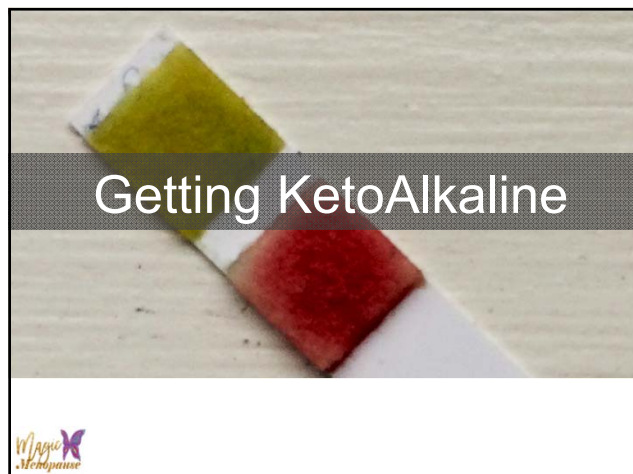
In healing, **90%** of the cure is through
therapeutic **lifestyle changes (TLCs)"**

Be optimal not Normal

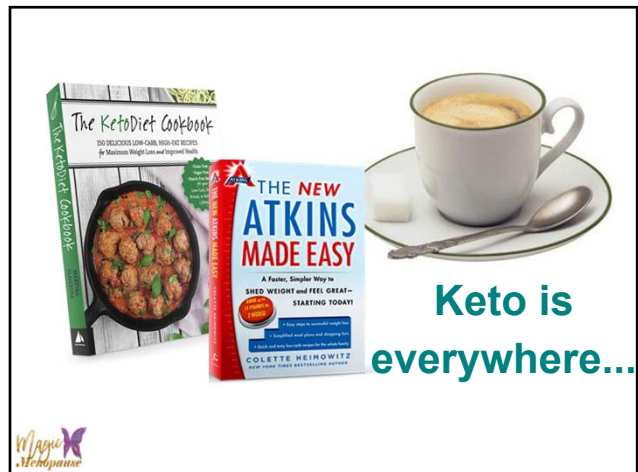


Home Testing

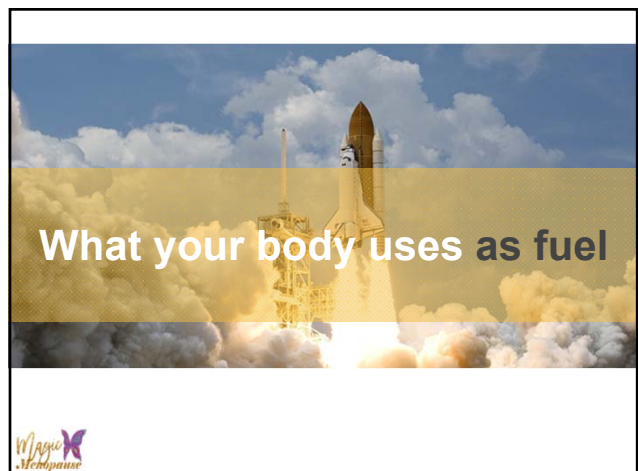




2. Getting into ketosis



**What is Ketosis
(and why do I want it)?**



Research shows improved...



Memory

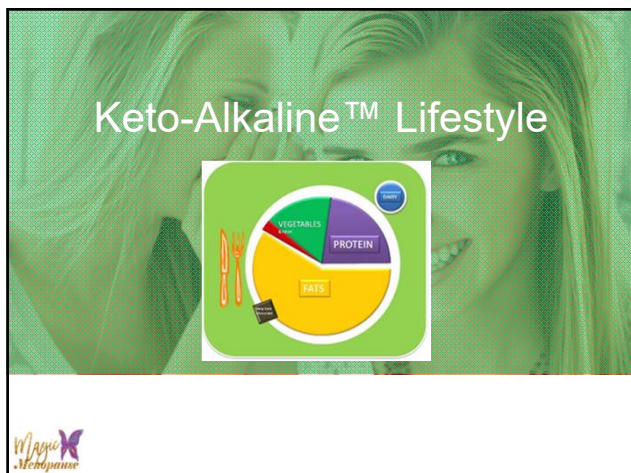
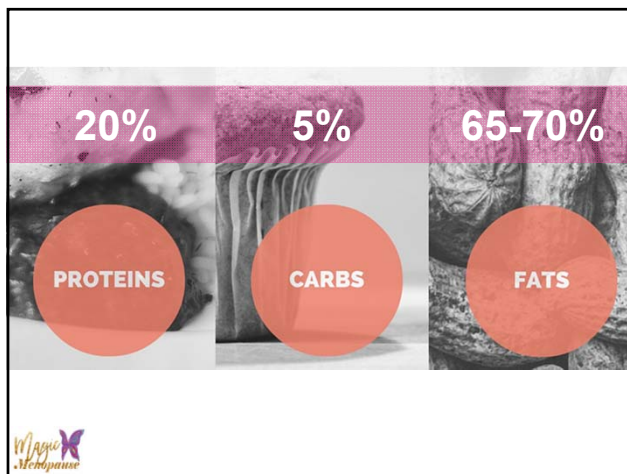


**Immune
system
health**



**Weight
loss**







**Getting the Magic
Started**


10 Day Keto-Alkaline Menu Plan Week 2

	1	2	3	4	5	6	7	8	9	10
Connect										
Grateful for										
My cheer										
word for										
Connect with										
movement										
meditation										
Journaling										
Morning	Good Morning Shake 0: Kale salad with lemon or lime	Good Morning Shake 0: Spring Greens Salad	Good Morning Shake 0: Tomato soup (DIT) with turk salad	Good Morning Shake 0: Egg salad & avocado	Good Morning Shake 0: Creamy spring soup salad	Good Morning Shake 0: Avocado stuffed with chicken	Good Morning Shake 0: Avocado salad with parmesan	Good Morning Shake 0: Bone broth + 1 Oz KA shake	Good Morning Shake 0: Spring Cobo salad	Good Morning Shake 0: Kale and lemon
Mid-day										
Evening	Protein Milkshake w/ veggie	Grain salad Cauliflower mash	Seared Shrimp, eggplant, zucchini	Bone broth + 1oz KA shake	Oysters or shrimp w/ Cole slaw	Crock pot chicken & veggie	Bone broth + 1oz KA shake	Bone broth + 1oz KA shake	Kale and green	Lettuce taco night
get										
Ketoones										
Water										







Keto-Alkaline™ concept is revolutionary and brings us into energized enlightenment - Current science and all the hundreds of diet plans, missed this basic research.



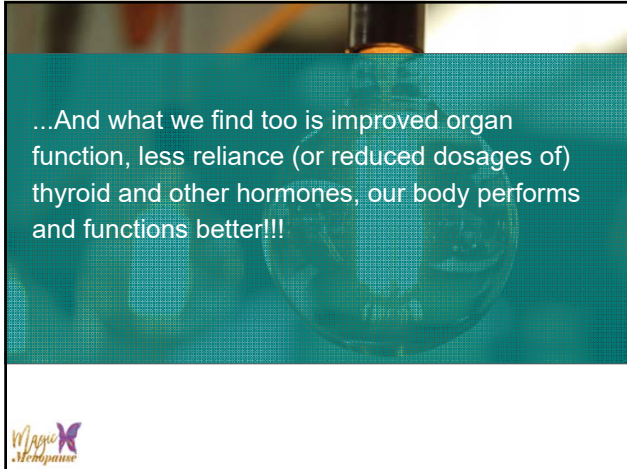
When we put the two together.



This benefits **insulin**, and **cortisol** and activates healthy nl anti-inflammatory pathways, improving memory,
Body shape and weight, flexibility, mental clarity and mood.



...And what we find too is improved organ function, less reliance (or reduced dosages of) thyroid and other hormones, our body performs and functions better!!!



Magi Menopause

What gets **measured...**
...gets **managed**



Magi Menopause

Keto-Alkaline Weight Loss Solution

100 Strips

IMPORTANT:
Keep away from light and moisture.
Promptly replace cap after taking out strips.
Do not remove desiccants.
Do not touch test areas of reagent strips.
Use it within the expiration date.
Read insert carefully before use.

LOT: []
EXP: []

7 22512 41156 2

TESTING AND READING TIME Rev.01/2016

pH	6.0	6.5	7.0	7.5	8.0	8.5
60s	Orange	Yellow	Green	Light Green	Dark Green	Blue
Ketone	Neg.	++	++	+++	+++	+++
40s	Orange	Yellow	Green	Light Green	Dark Green	Blue

HOW TO TEST:
1. Firmly hold end farthest away from test pad. Press test pad under urine stream or dip in urine filled cup.
2. After 40/60 seconds match test pad to the color chart shown on bottle

Visit DrAnnaCabeca.com

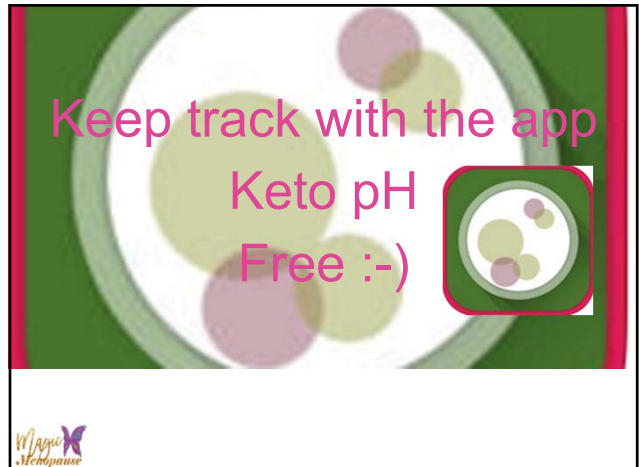
Visit DrAnnaCabeca.com

Magi Menopause

Keep track with the app

Keto pH

Free :-)

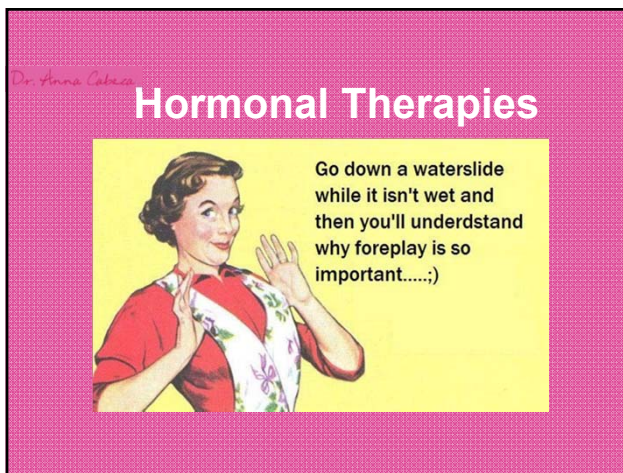
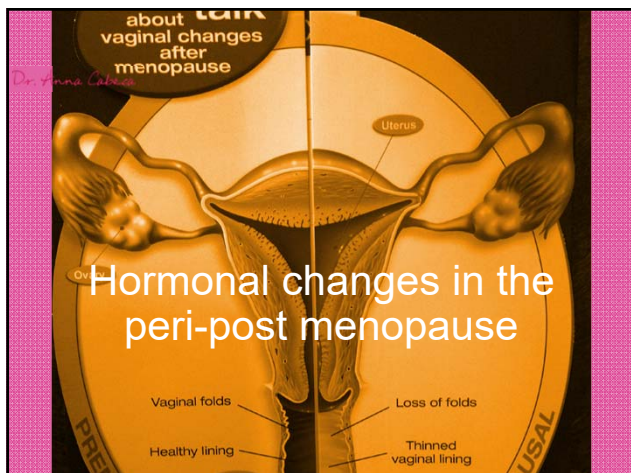


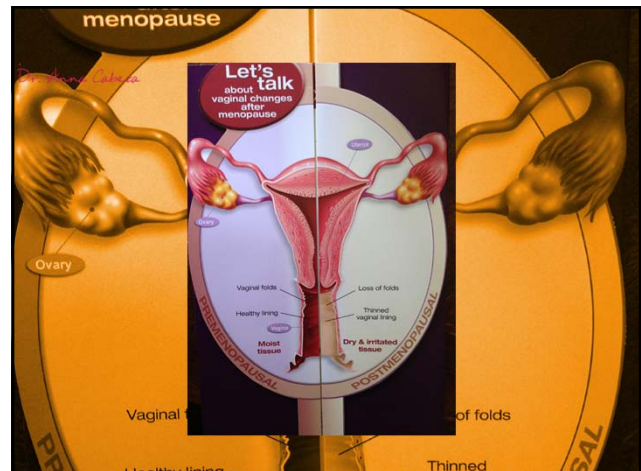
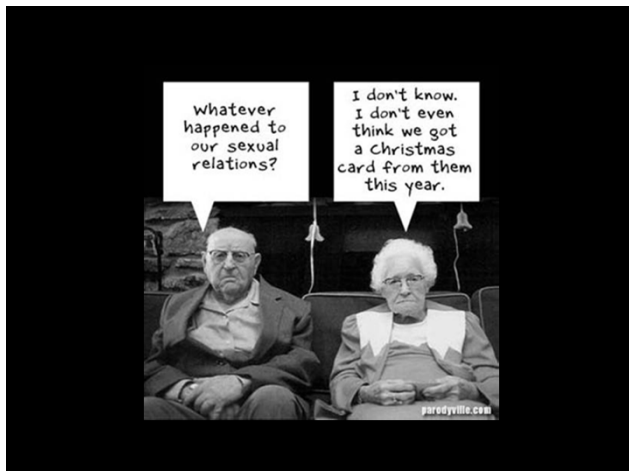
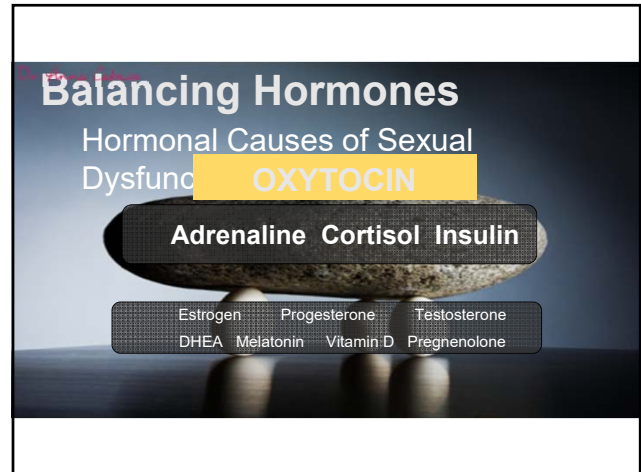
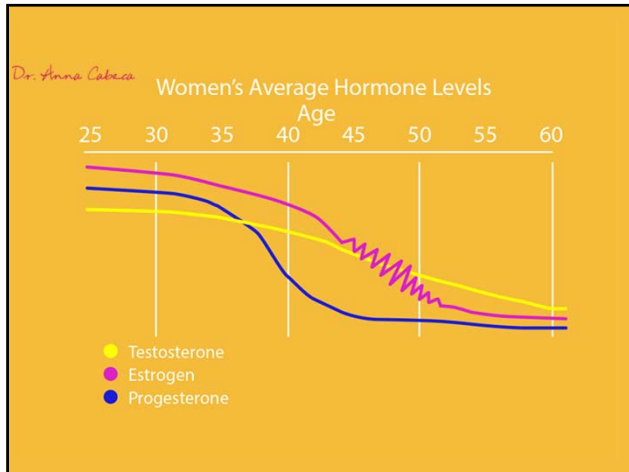
Magi Menopause

Here's a quick preview



Keep track of your progress...





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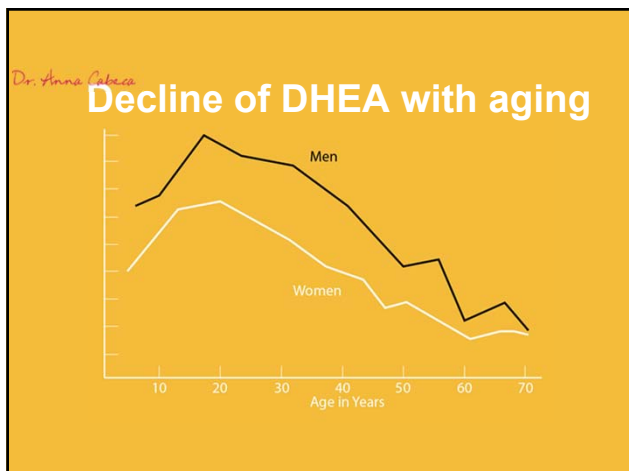
Healthy Vagina!

- pH: 3.5- 4.5
- Flora: predominantly lactobacilli – multiple strains
- Secretions:
 - Glandular: vulvar, sebaceous, sweat, Bartholin's and Skene's
 - Exfoliated cells
- Secretions of the cervix, endometrial cavity, fallopian tubes

Dr. Anna Cabeca

What effects the Vagina

- Declining hormone levels
- Estrogen, progesterone, testosterone, DHEA
- Atrophic epithelium
- Decreased musculature
- Increase in pH: alkaline
- Decline in glycogen levels
- Decreased normal flora



Dr. Anna Cabeca

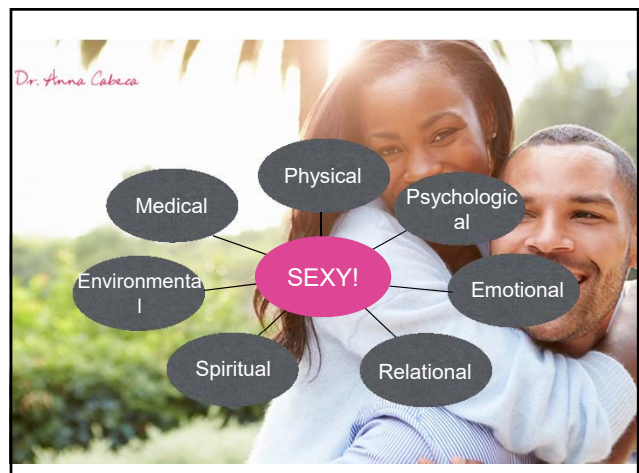
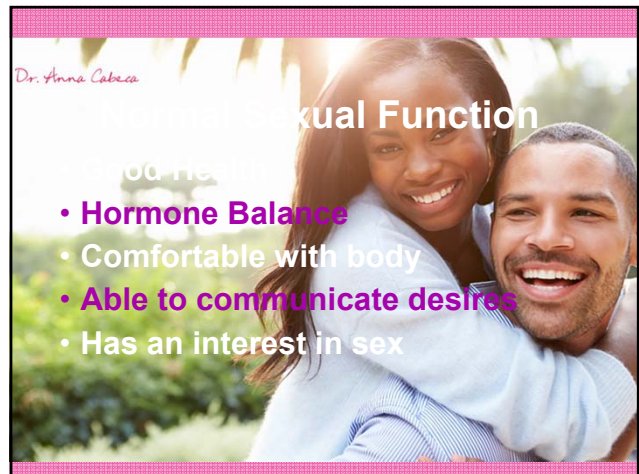
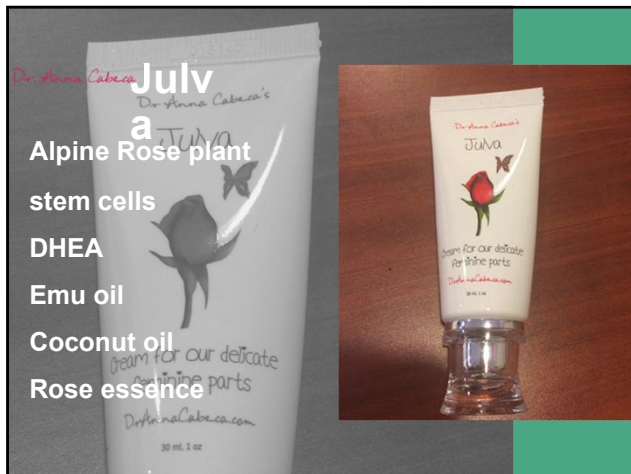
Effect of intravaginal dehydroepiandrosterone (Prasterone) on libido and sexual dysfunction in postmenopausal women

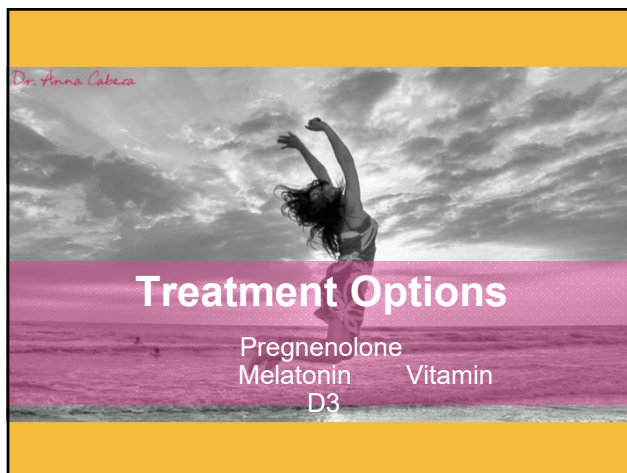
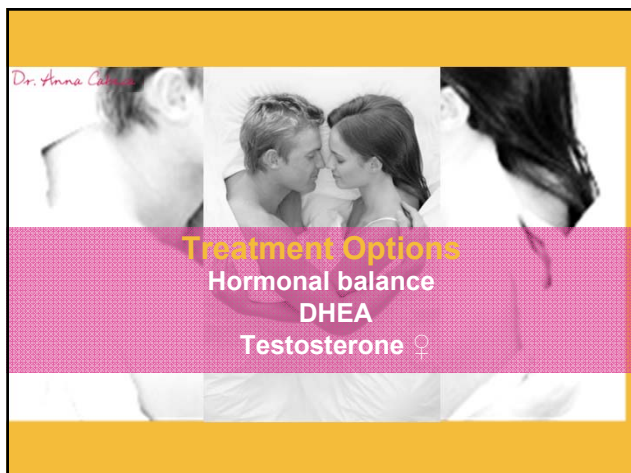
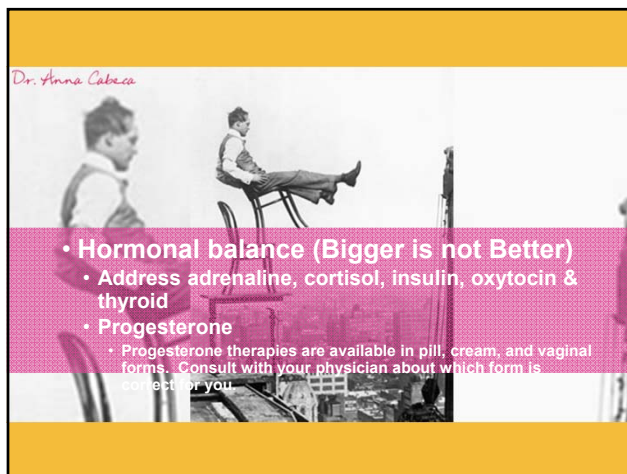
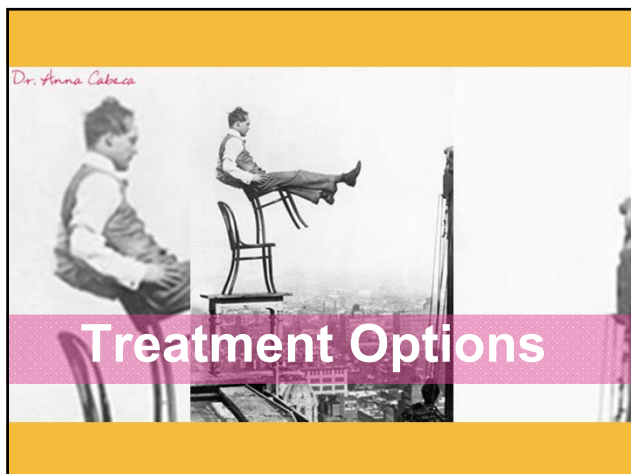
Conclusions

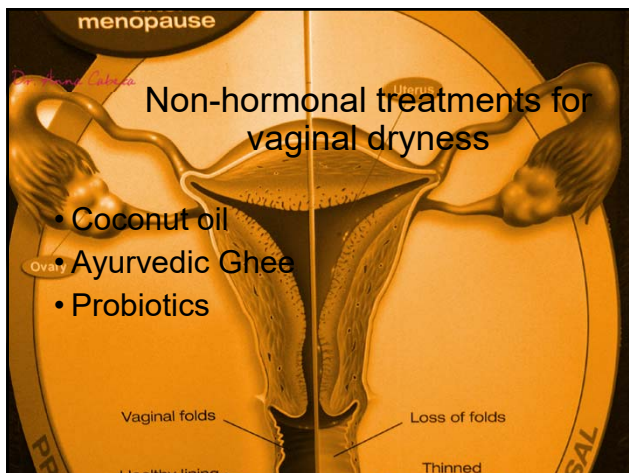
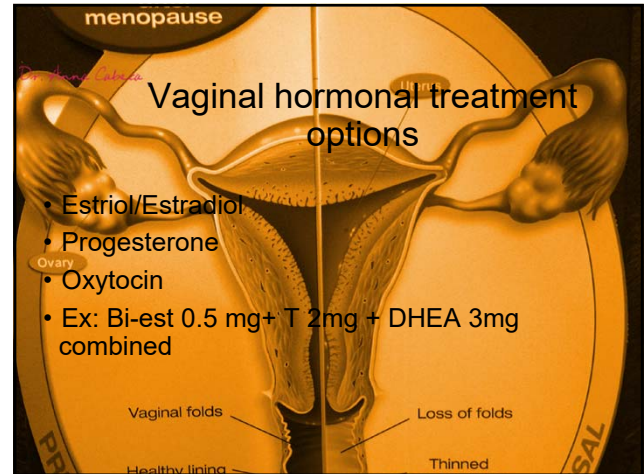
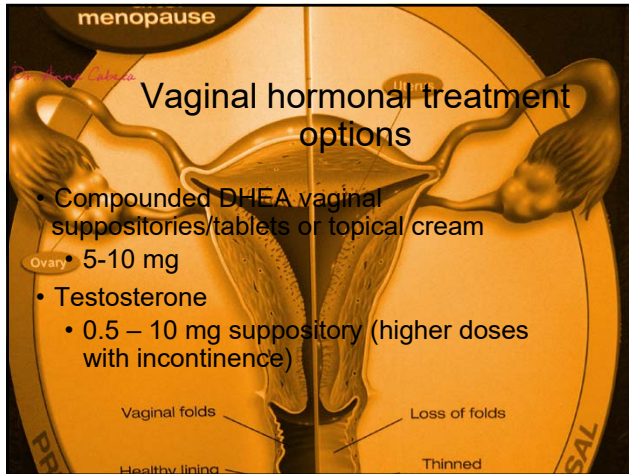
By a local action in the vagina, DHEA applied daily at doses at which serum steroids remain well within normal postmenopausal values exerts relatively potent beneficial effects on all four aspects of sexual dysfunction. Such data indicate that combined androgenic/estrogenic stimulation in the three layers of the vagina exerts important beneficial effects on sexual function in women without systemic action on the brain and other extra-vaginal tissues.

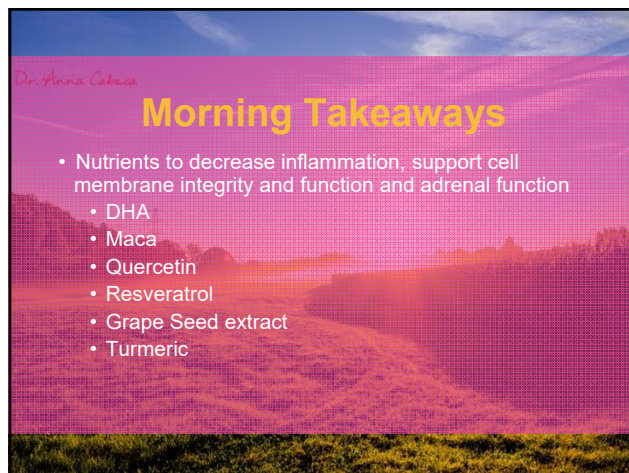
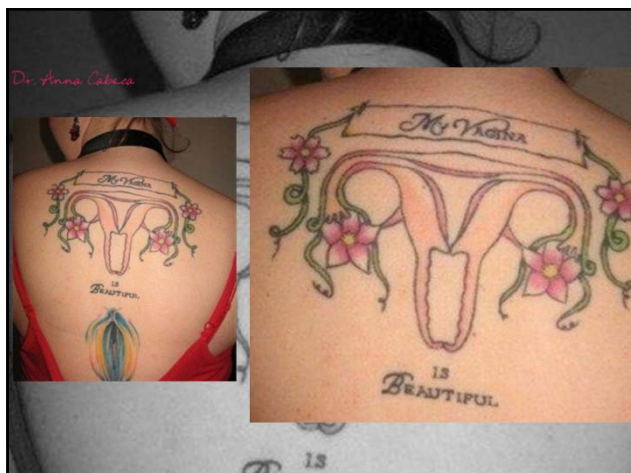
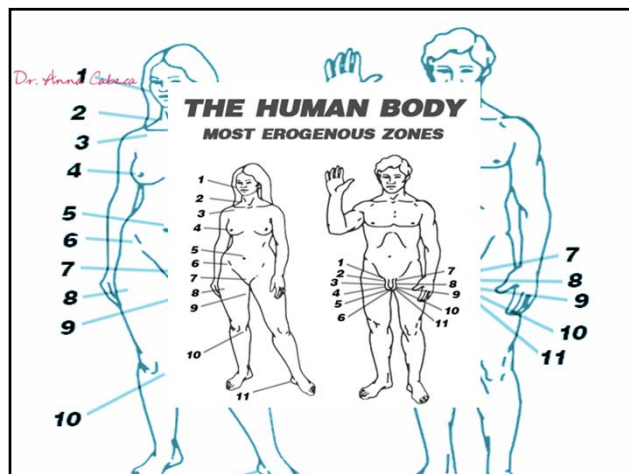
Menopause: The Journal of The North American Menopause Society, 16, No. 5, pp. 923-931
DOI: 10.1093/menopause/16.5.923 © 2009 by The North American Menopause Society

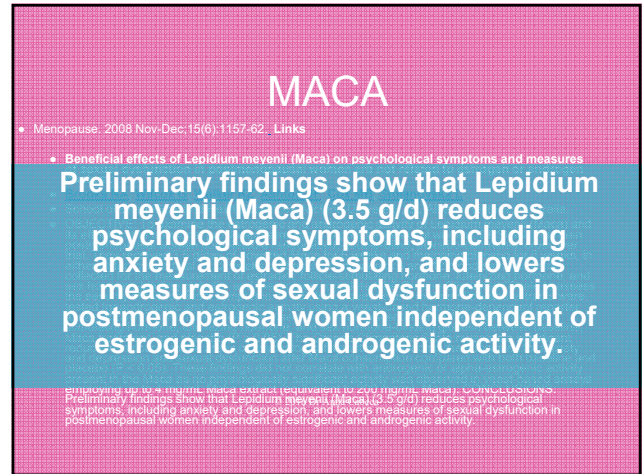
In a series of animal models, androgens and DHEA have been found to inhibit breast cancer development and growth and to stimulate bone formation.





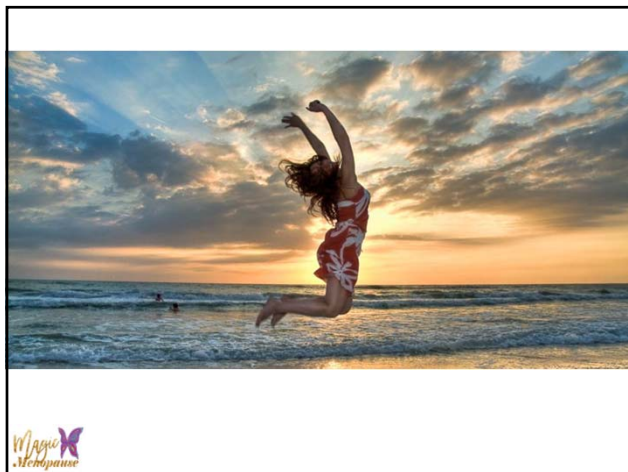






Morning Takeaways

- Empower your patients with Self Discovery!
- Get Alkaline first
- Bump into keto-alkaline
- Empower our body, mind, spirits, and relationships



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