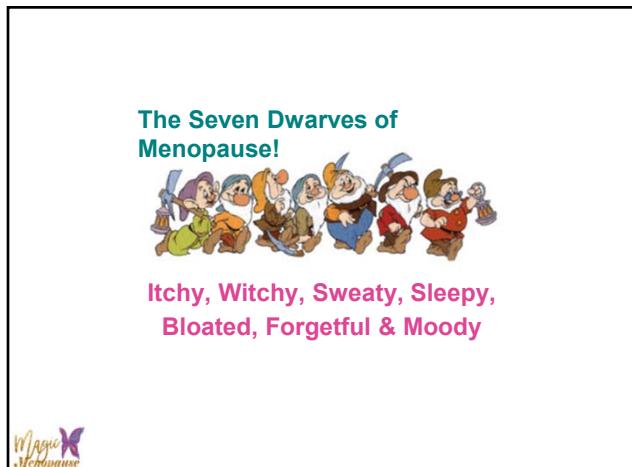
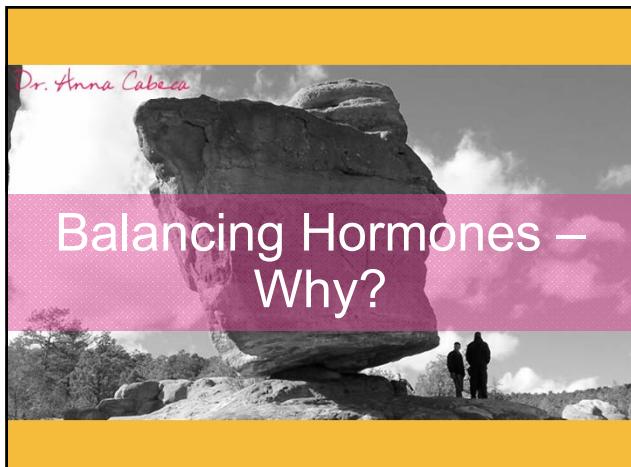
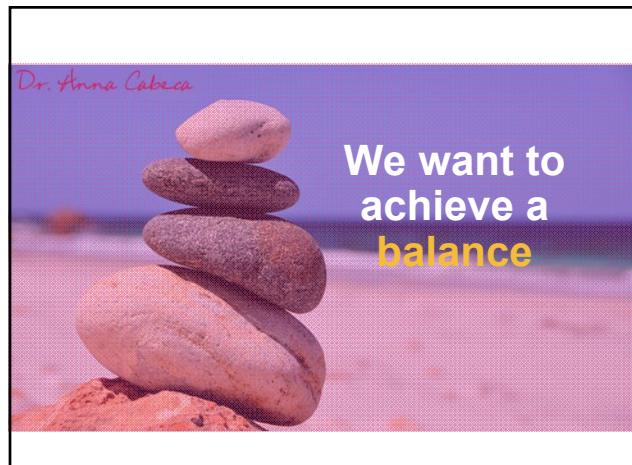
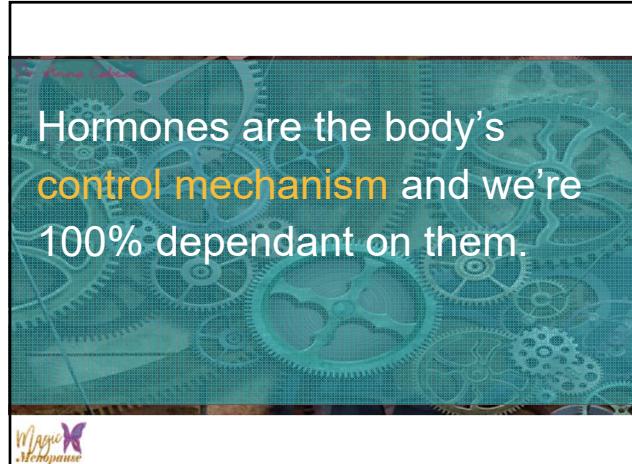
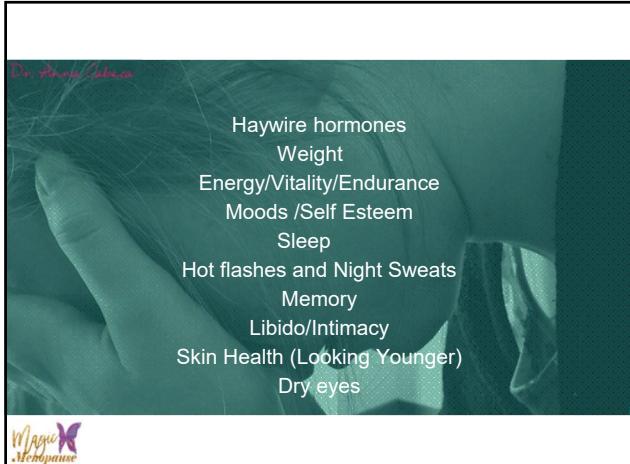


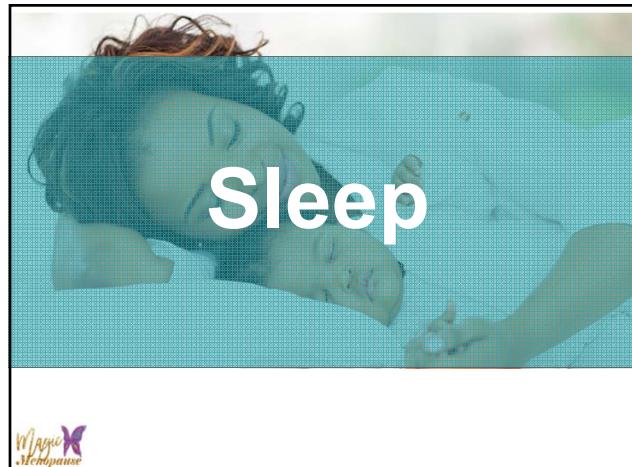
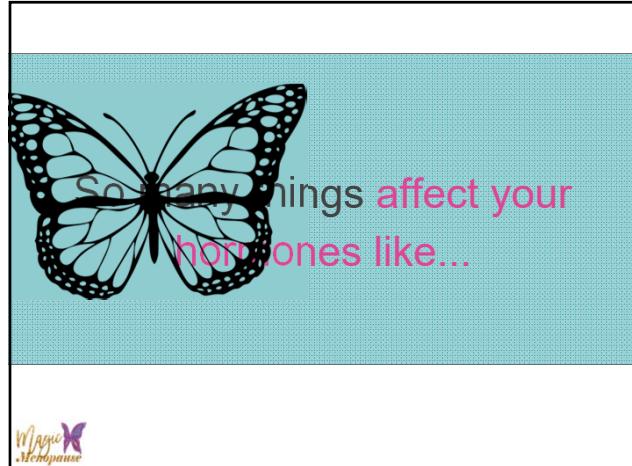
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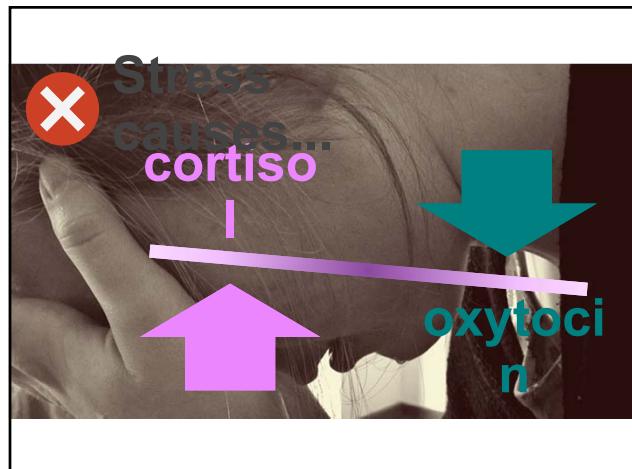
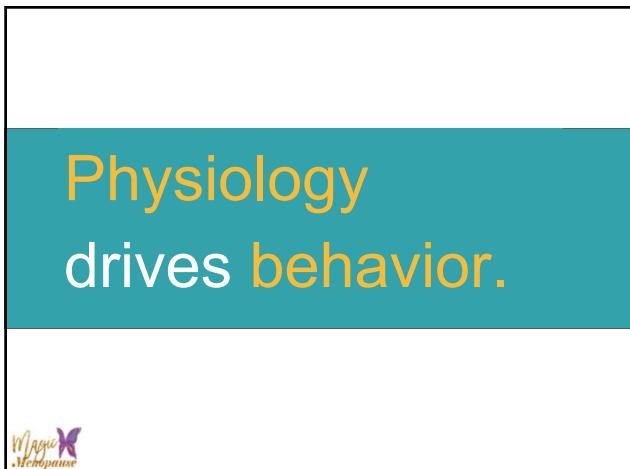
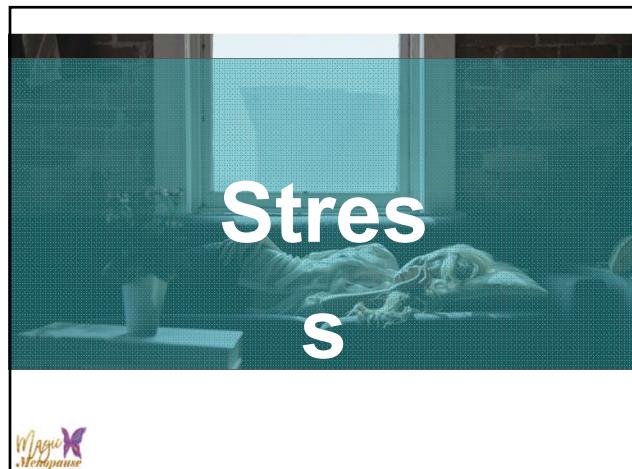
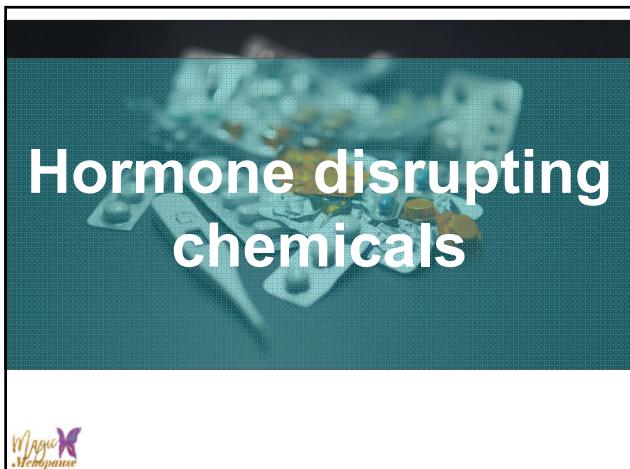


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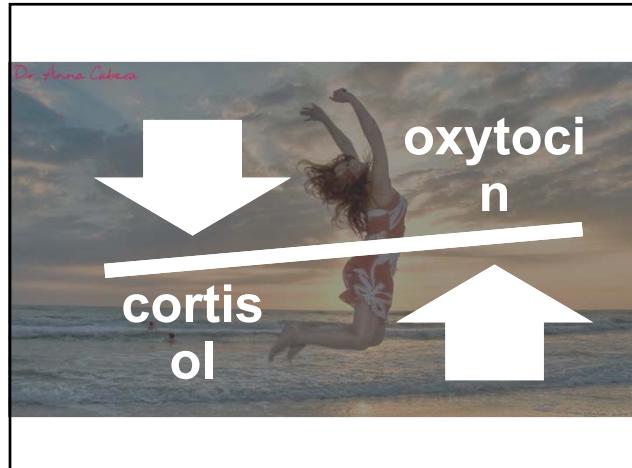
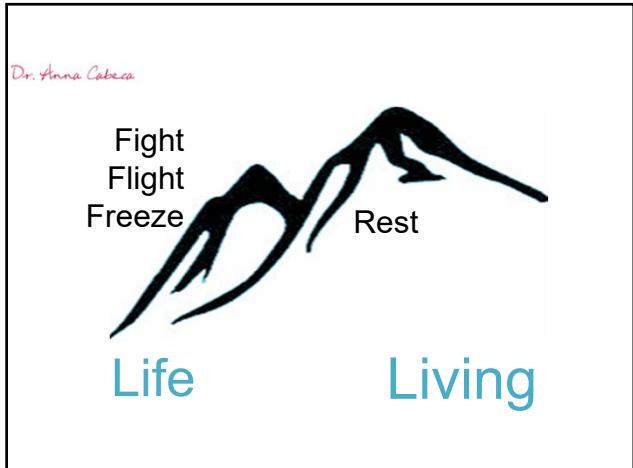


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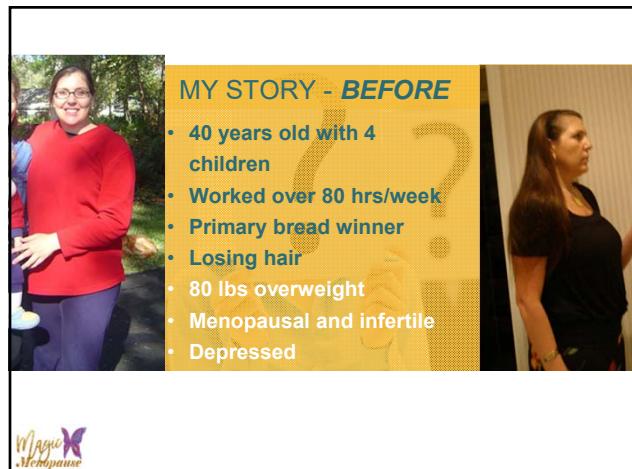




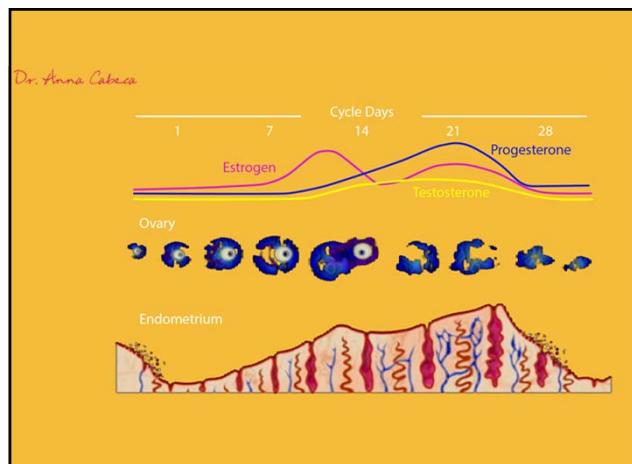
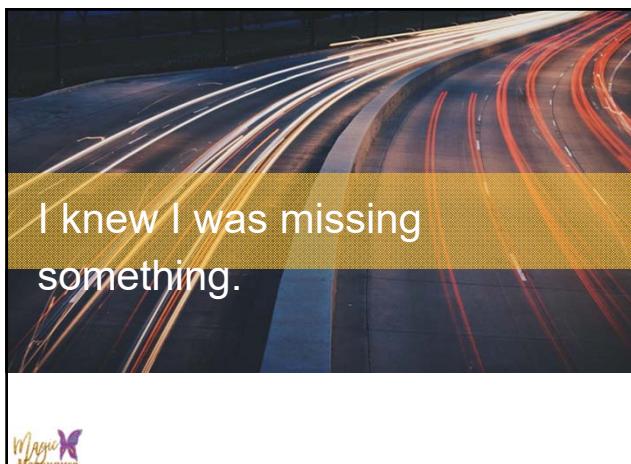
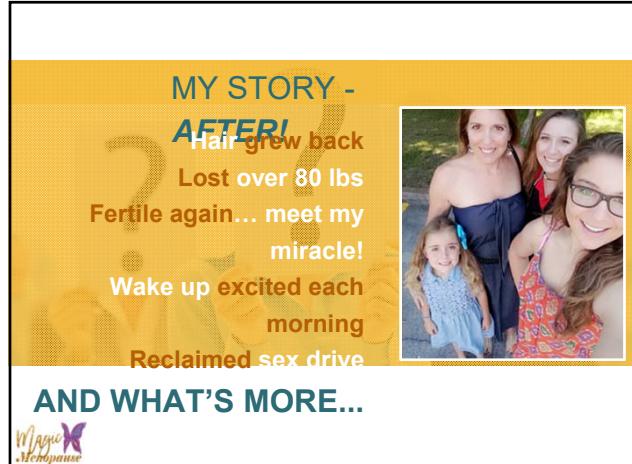
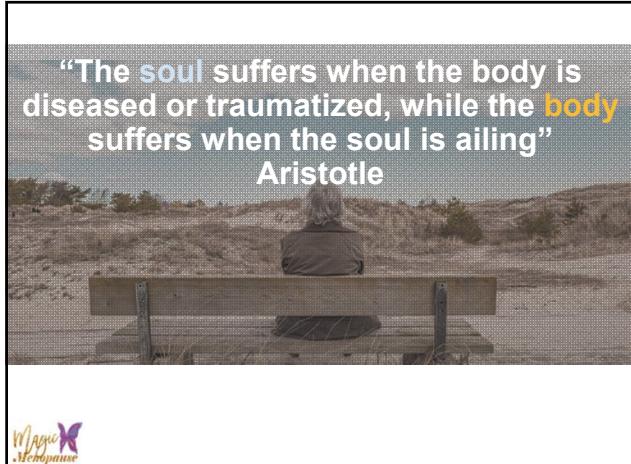
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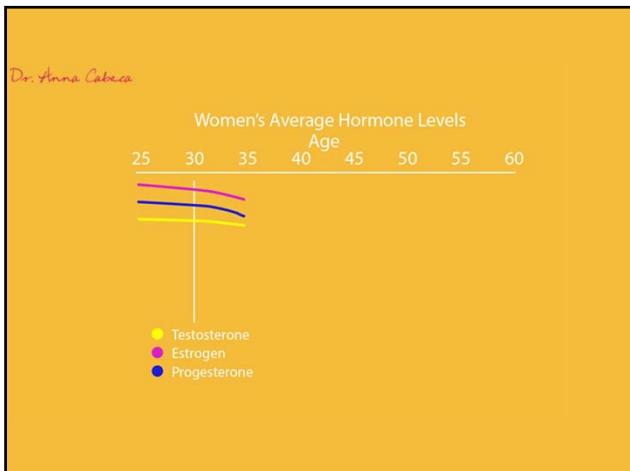
Magic
Menopause



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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

Dr. Anna Cabeca

OCP'
S



Dr. Anna Cabeca

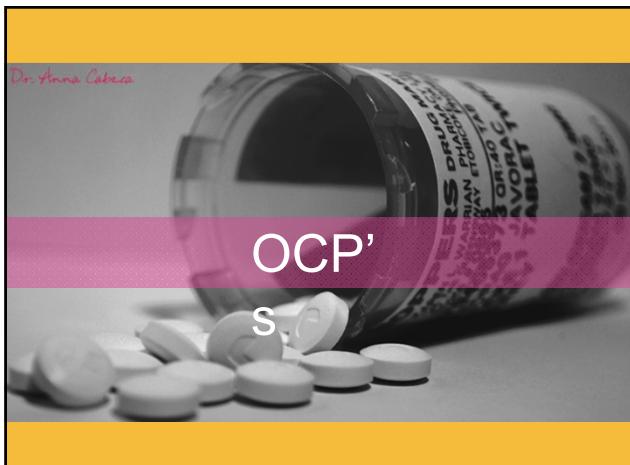
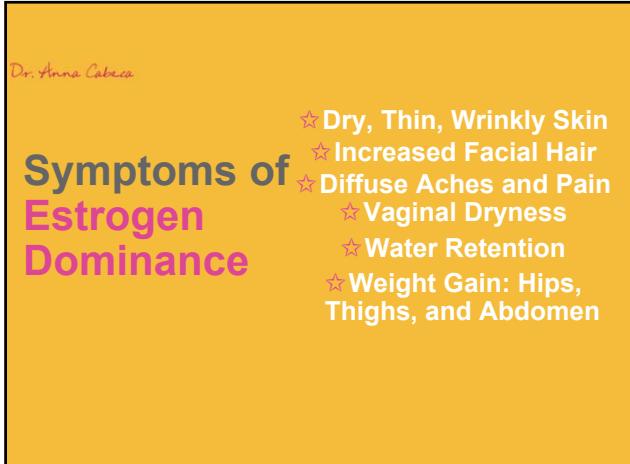
Hysterectomy



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Symptoms of Estrogen Dominance

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



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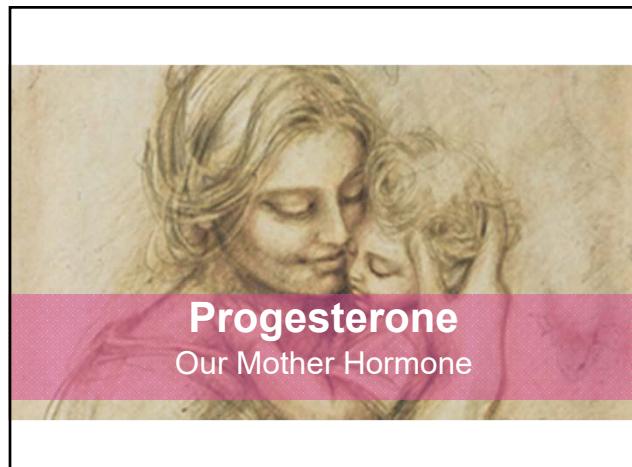
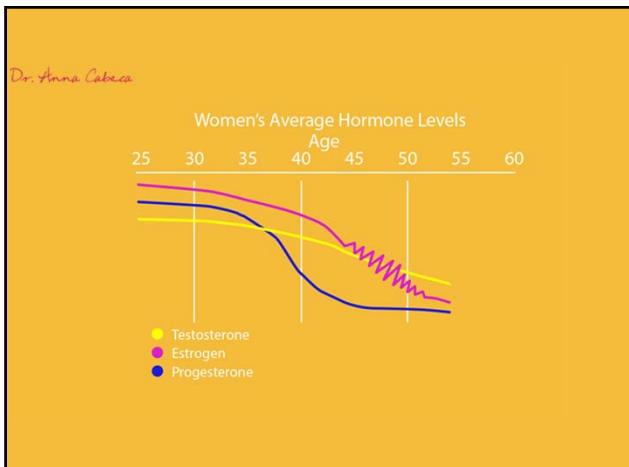


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Estrogens Functions

- 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



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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.”

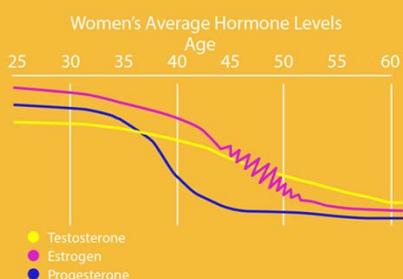
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No increased risk was apparent among EP therapy users treated with natural micronized progesterone. Among users of EP therapy containing a synthetic progestin, the odds ratio was 1.57 (0.99-2.49) for progesterone-derived and 3.35 (1.07-10.4) for testosterone-derived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

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

Cardina-Duverger E, Truong T, Anger A, Sanchez M, Arveux P, Kerbrat P, et al. (2010) 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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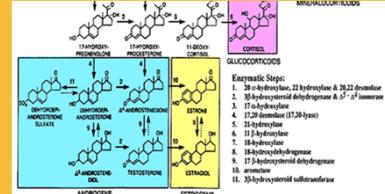


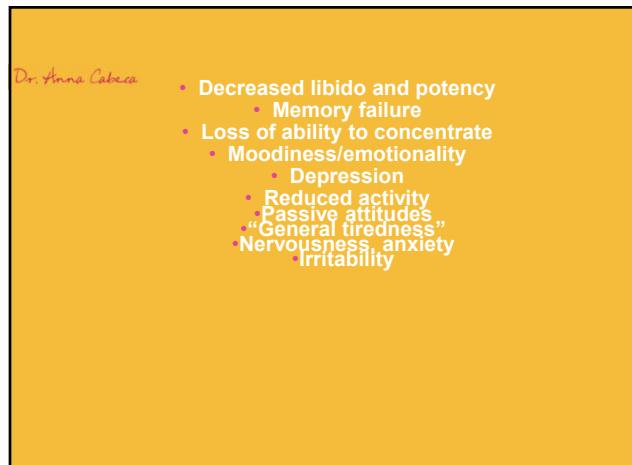
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Testosterone

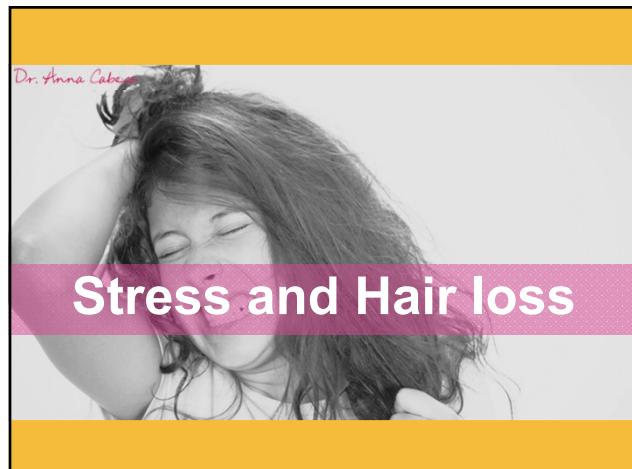
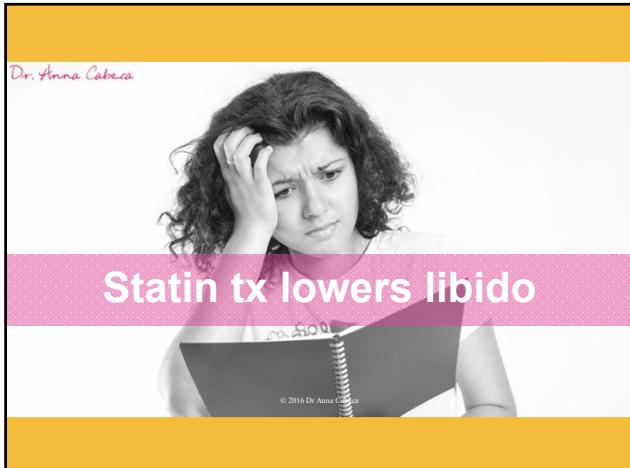
- Secreted by adrenal glands and ovaries♀ and testis♂

- Converted to E2 to E1 via aromatase





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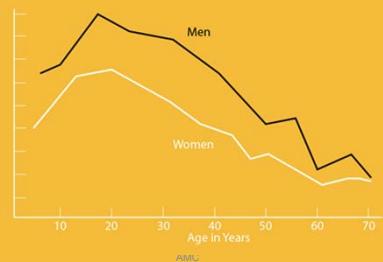
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Causes

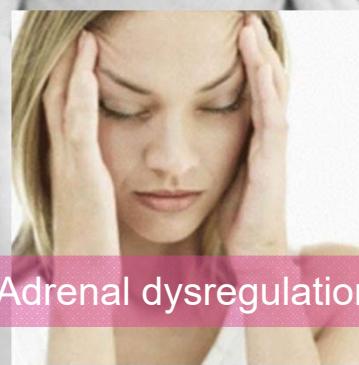
- Stress -> 5-alpha reductase
- B vitamin deficiency
- Protein deficiency
 - High fat diet
- Thyroid disease

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Decline of DHEA with aging



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Adrenal dysregulation

Testing is key

Magie
Metapause



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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?

63

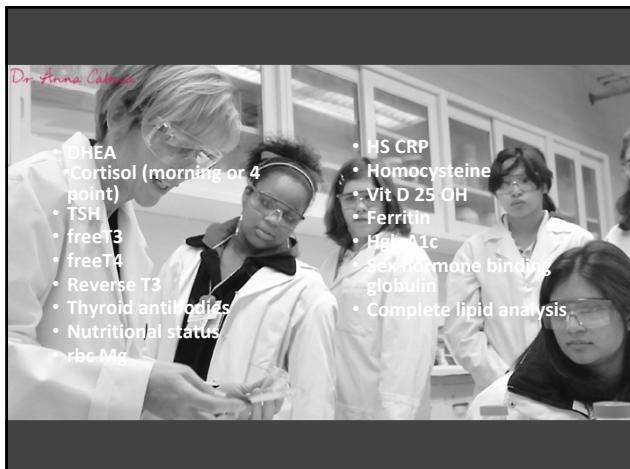
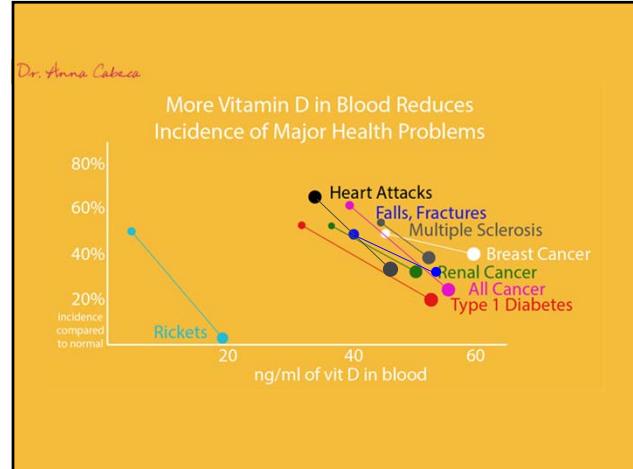


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Practice medicine
that makes sense!

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What hormones do we see where?

Serum

vs.

Saliva

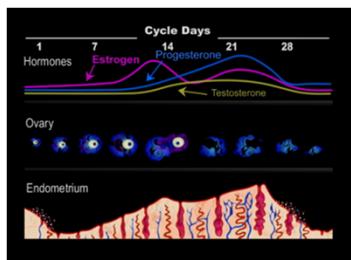
vs.

Urine

68

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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.

71



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You can not adequately assess patients hormones while they are on the birth control pills!



**Treat the
patient, NOT
the labs**



“In medicine, 90% of our diagnoses is based on our H&P”

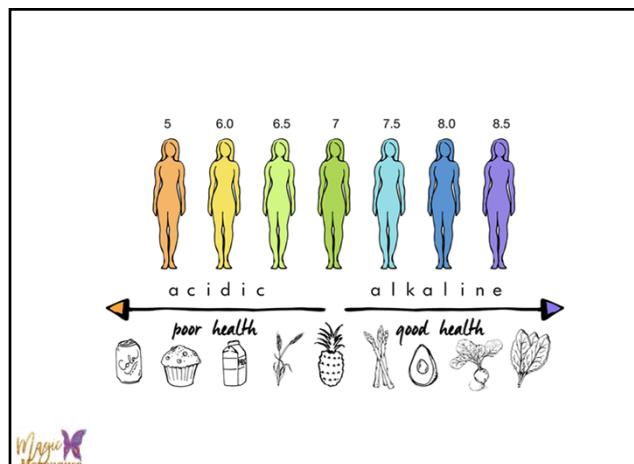
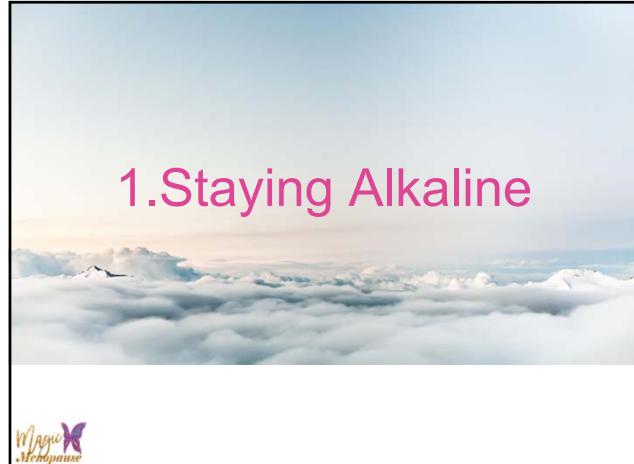
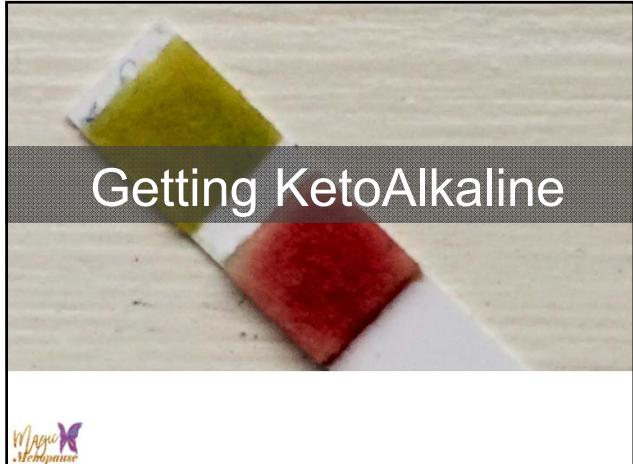
“In healing, 90% of the cure is through therapeutic lifestyle changes (TLCs)”

Be optimal not Normal

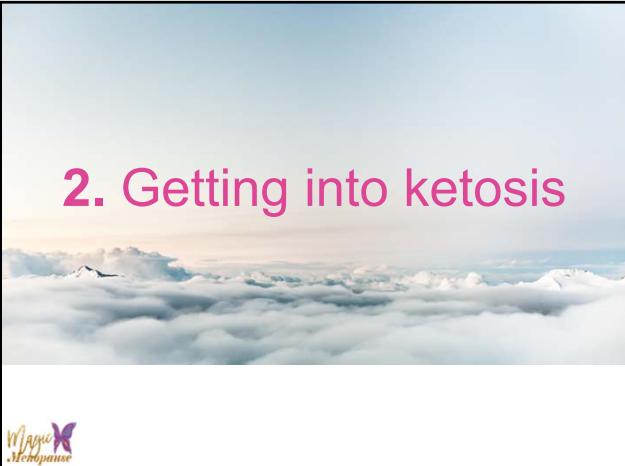


Home Testing





2. Getting into ketosis



Magie
Menopause

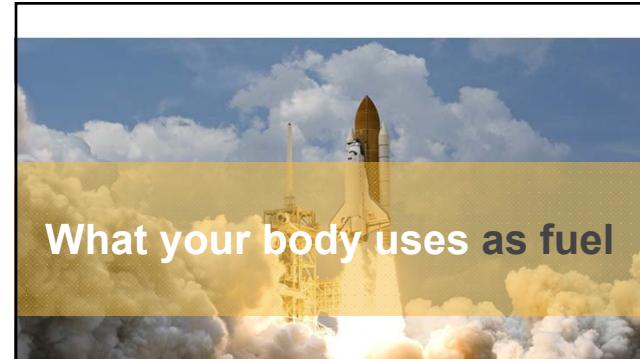


Keto is
everywhere...

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

Magie
Menopause

What your body uses as fuel



Magie
Menopause

Research shows improved...



Memory

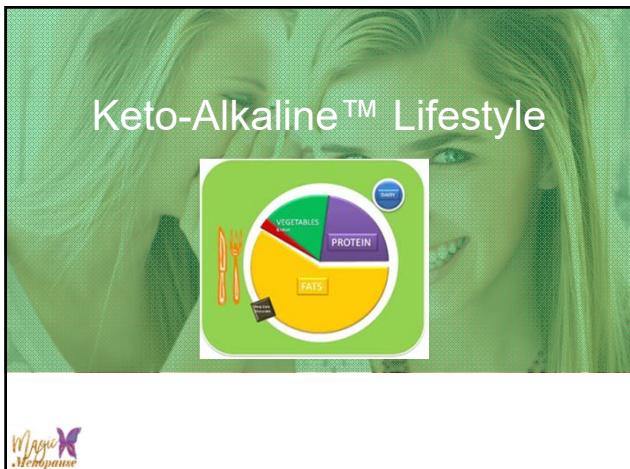
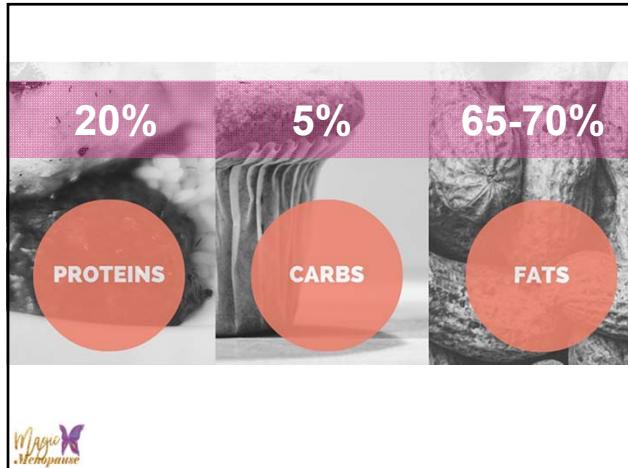


**Immune
system
health**



**Weight
loss**





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Getting the Magic Started

10 Day Keto-Alkaline Menu Plan Week 2

Day	1	2	3	4	5	6	7	8	9	10
Connect	Grateful list									
My cheer word	Yoga									
Connect with Movement before Oxytocin™										
Morning	Good Morning smoothie	Good Morning smoothie	Good Morning Shake (i)	Good Morning smoothie	Good Morning smoothie	Good Morning smoothie	Good Morning smoothie	Good Morning smoothie	Good Morning smoothie	Good Morning smoothie
Mid-day	Kale salad with lime & olive oil	Spring Cobb salad	Tomato soup with bone broth & basil	Egg salad & avocado	Avocado & chicken	Good Morning smoothie	Avocado & pumpkin	1-2x KA smoothie	Bone broth	Salmon cakes
Evening	Panzica chicken w/ veggies	Shish kabob w/ mashed sweet potato, eggs, onions, & lime	Sauerkraut w/ bone broth & eggs	Oysters or scallops w/ bone broth	Crock pot chicken w/ veggies	Bone broth	Bone broth	1-2x KA smoothie	Salmon w/ greens	Lettuce taco night
all	Ketones									
	Water									

Magie Menopause

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

Magie Menopause

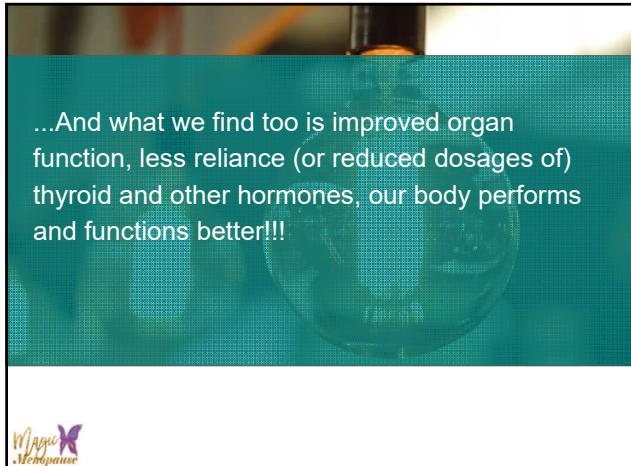
When we put the two together.

Magie Menopause

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

Magie Menopause

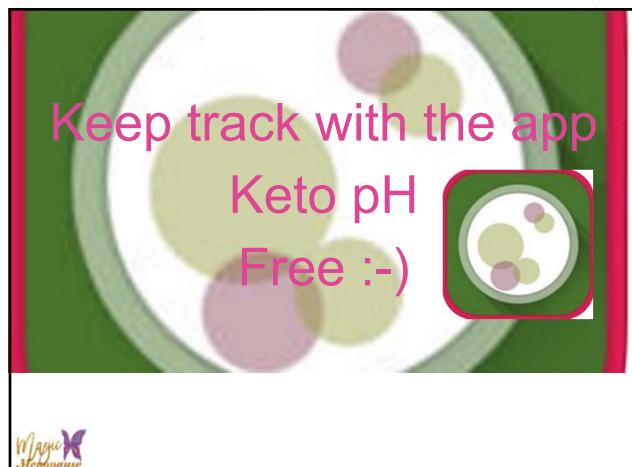
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...And what we find too is improved organ function, less reliance (or reduced dosages of) thyroid and other hormones, our body performs and functions better!!!



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



Keep track with the app
**Keto pH
Free :)**



Here's a quick preview



Record your pH and Keto

1. Tap on pH to record your pH.
2. Tap on keto to record your urine ketones.
3. Tap on the info button to review the testing instructions.

pH test dashboard

1. Set to start 10 sec count down as you start.
2. Select a score that matches your test.
3. Tap the info button to know how to do the test.

Ketone test dashboard

1. Tap to start 10 sec count down as you start.
2. Select a score that matches your test.
3. Tap the info button to know how to do the test.

Magic Nutrition Plan

1. Tap to open Magic nutrition plan screen.
2. Tap on the meal plan to see what you eat in day.
3. Tap on each day to see meal questions.
4. Choose your meal points.
5. See the graph of your progress.

Online store

1. Tap to open online store.
2. Tap on the product you want to buy.
3. Image of product. Tap on the image to buy product.

Expressed Gratitude Today

Was Cheerful Today

Connected with Someone

Weight in Control

Oxytocin Increasing Activity

My pH is 7 or Greater

My Ketones are Positive

Had 8 Glasses of Water Today

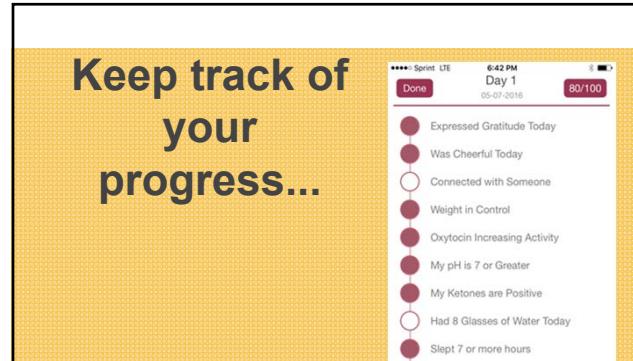
Slept 7 or more hours

Bowel Movements

Done 6:42 PM Day 1 05-07-2016 80/100

Magic Menopause

Keep track of
your
progress...



Expressed Gratitude Today

Was Cheerful Today

Connected with Someone

Weight in Control

Oxytocin Increasing Activity

My pH is 7 or Greater

My Ketones are Positive

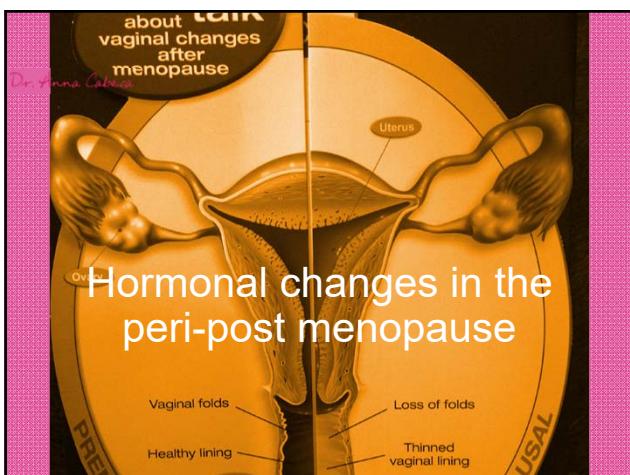
Had 8 Glasses of Water Today

Slept 7 or more hours

Bowel Movements

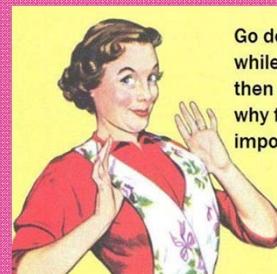
Done 6:42 PM Day 1 05-07-2016 80/100

Magic Menopause



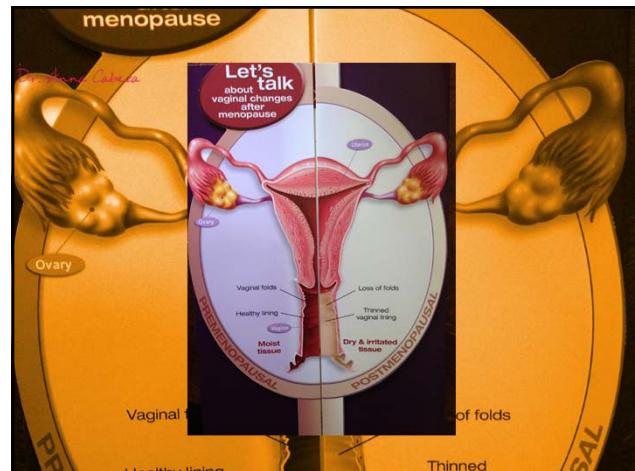
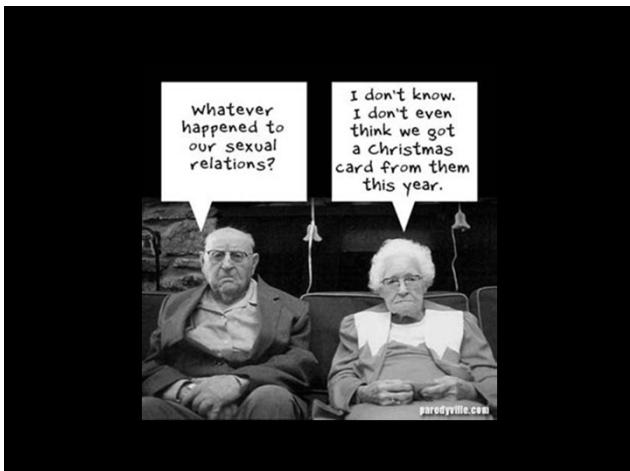
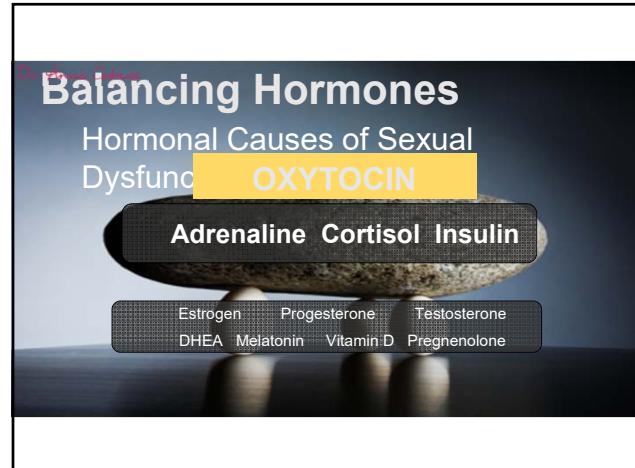
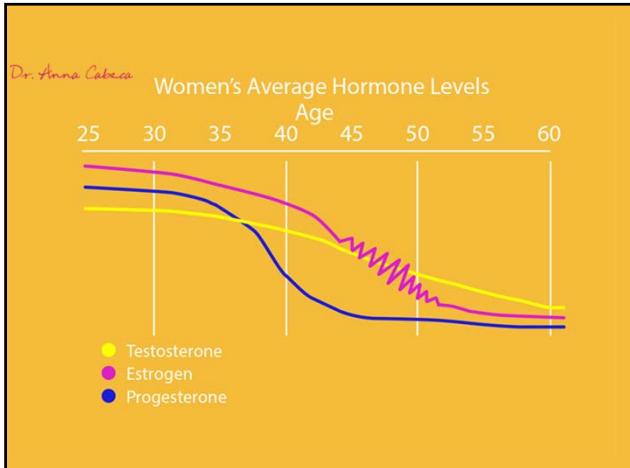
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Hormonal Therapies



Go down a waterslide while it isn't wet and then you'll understand why foreplay is so important....;)

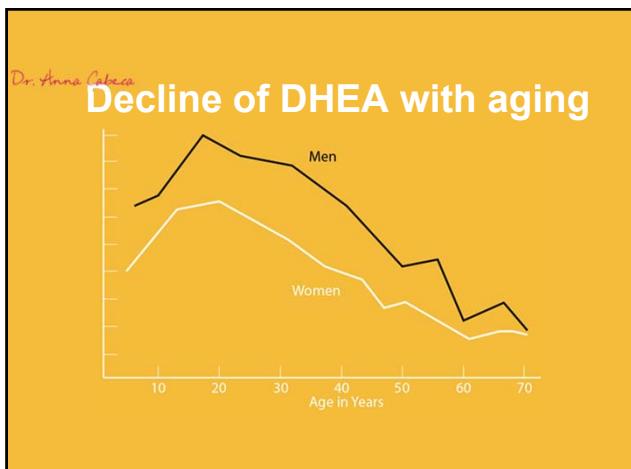
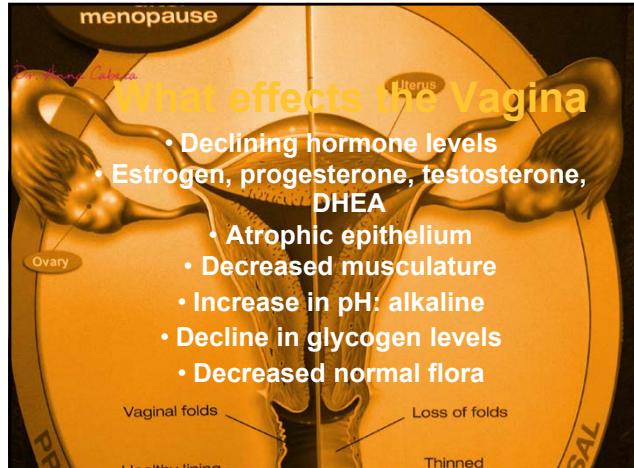
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Healthy Vagina!

- 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

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 Vol. 16, No. 5, pp. 392-393, 2009
DOI: 10.1089/men.08013a03190edit000 2009 by The North American Menopause Society

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Dr. Anna Cabeca

Endocrine and intracrine sources of androgens in women: Inhibition of breast cancer and other roles of androgens and their precursor dehydroepiandrosterone

In clinical studies, DHEA has been found to increase bone mineral density and to stimulate vaginal maturation without affecting the endometrium, while improving well-being and libido with no significant side effects.

Dr. Anna Cabeca

DHEA and the intracrine formation of androgens and estrogens in peripheral target tissues: its role during aging.

- *Steroids*, 1988 May-Jun;53(5-6):323-8.
- *John E. Difesa and Jennifer L. Gosselin, Gosselin, Jennifer E., Gosselin, John E.*
Laboratory of Molecular Endocrinology, Ottawa Cancer Research (University Laval) Research Center, Quebec, Canada.
fernand.fernand@crch.ulaval.ca
- Human and some animal pituitaries are unique steroidogenic organs that produce dehydroepiandrosterone (DHEA) and its sulfate (DHEA-S) and androgens in a constant ratio. In contrast, the pituitary of the rat, mouse, and hamster, and the pituitary of the monkey, monkey, and baboon, respectively, do not produce DHEA. It is interesting that 30 years ago, the pituitary was considered as the main source of DHEA in the human body. It is now known that DHEA is produced in the gonads, adrenals, and peripheral tissues. The formation of active sex steroids in peripheral target tissues is called the intracrine pathway. The intracrine formation of active sex steroids in peripheral target tissues is an important biological process that is involved in the regulation of many physiological processes. This relatively brief review was associated with an analysis of possible mechanisms of action of DHEA in human tissues, with a special focus on breast cancer. The results of this study support the hypothesis that the beneficial effect of DHEA as a hormone replacement therapy in women is due to its ability to stimulate the intracrine formation of androgens and estrogens in peripheral target tissues.

Furthermore, the inhibitory effect of DHEA on the growth of human breast cancer xenografts in vivo in nude mice supports the beneficial use of DHEA as hormone replacement therapy in women.

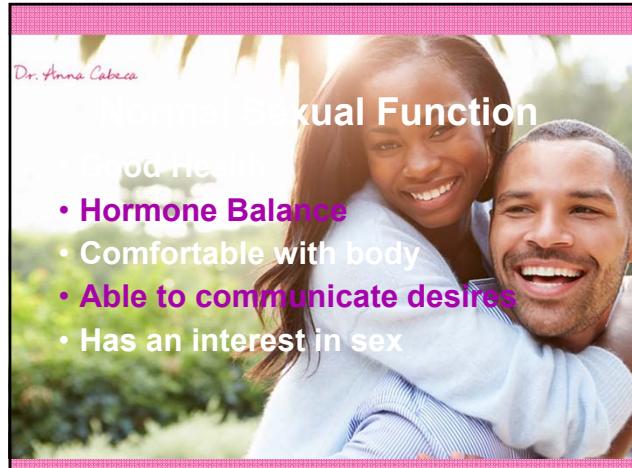
Dr. Anne Gabra
Management of sexual dysfunction in postmenopausal breast cancer patients taking adjuvant aromatase inhibitor therapy.

• Curr Opin. 2007 Dec; 36(12):116-21.

• **Denise C. Evans, S. Lam, W. Hwang**

• **Obstetrics and Gynecology and Reproductive Endocrinology, St. Michael's Hospital, and University of Toronto, Toronto, Ontario, Canada**

SHINE 2016: Dr. Anna Cabeca - Hormones, Testing, and Self-Discovery

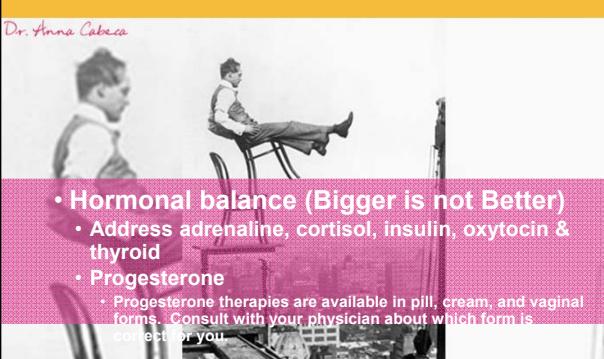


Dr. Anna Cabeca



Treatment Options

Dr. Anna Cabeca



- **Hormonal balance (Bigger is not Better)**
 - Address adrenaline, cortisol, insulin, oxytocin & thyroid
 - **Progesterone**
 - Progesterone therapies are available in pill, cream, and vaginal forms. Consult with your physician about which form is correct for you.

Dr. Anna Cabeca



Treatment Options

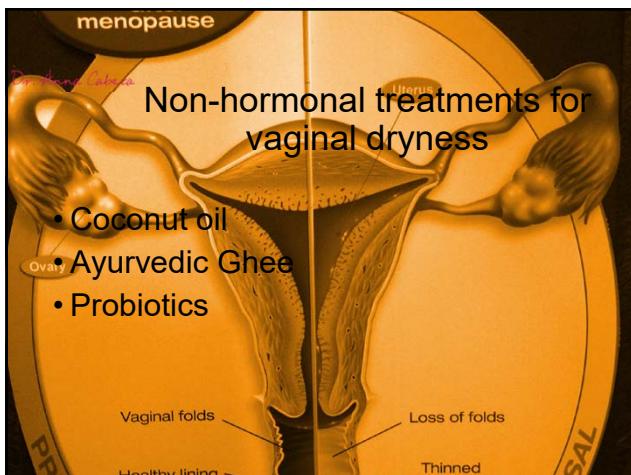
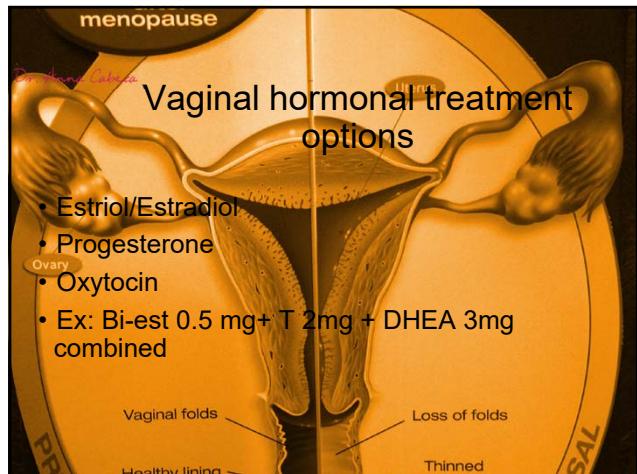
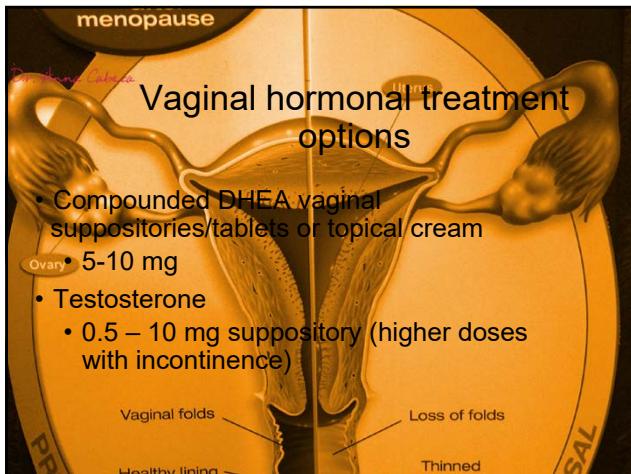
Hormonal balance
DHEA
Testosterone ♀

Dr. Anna Cabeca

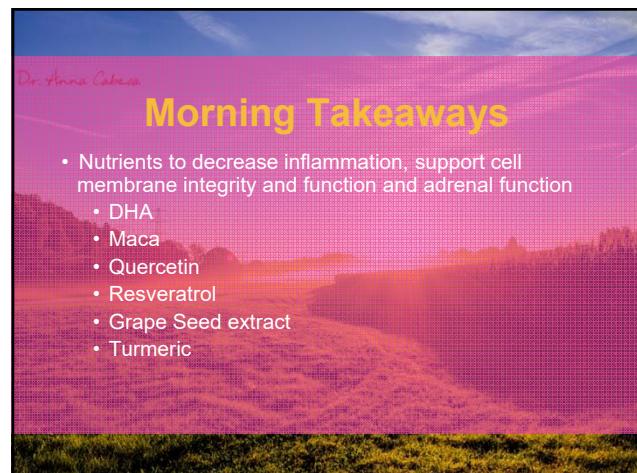
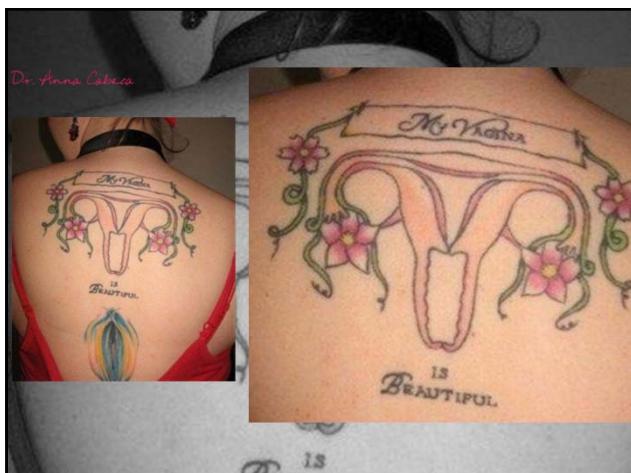
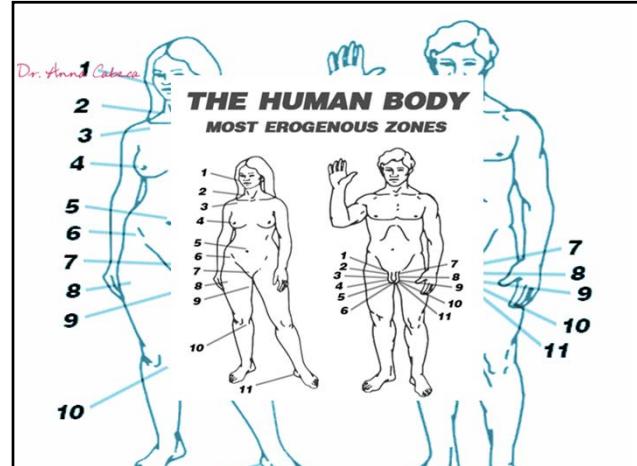


Treatment Options

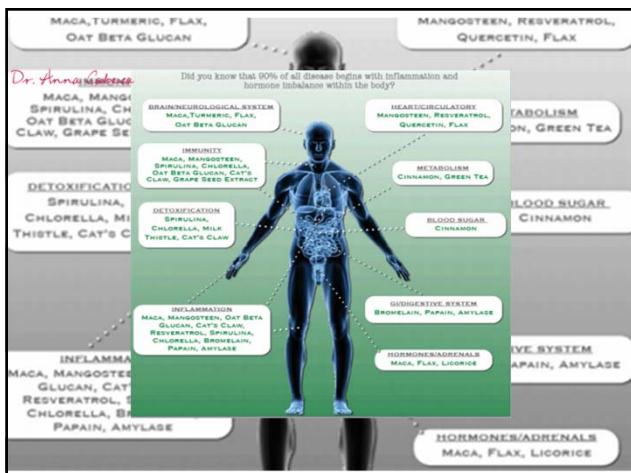
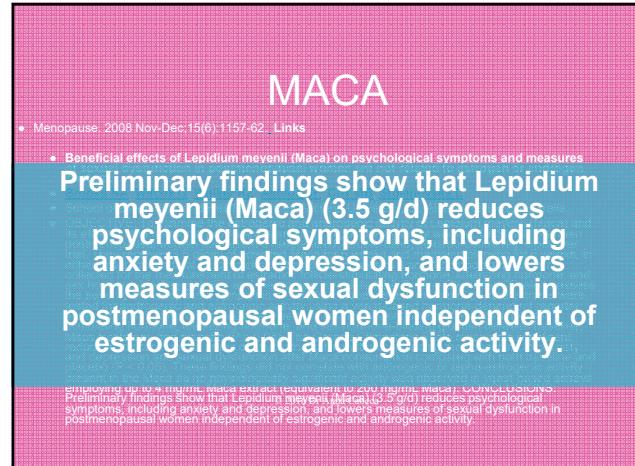
Pregnenolone
Melatonin
Vitamin D3



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