Women’s Health & Functional Medicine

We will begin at 12:10 p.m.

PRESENTER

Joleen Zivnuska
APRN, MSN, Prairie Health & Wellness, Women’s Health Nurse Practitioner

Today's Guide for A Healthy Conversation

Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at www.ksre.k-state.edu/fcs/livingwellwed/
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Functional Medicine Approach to Women’s Health

Joleen Zivnuska, APRN, MSN
Functional Medicine

Looks for the root cause of the symptom
Symptoms warn us something isn’t right with our bodies
Our bodies crave balance

Especially balanced hormones
# PHW Pillars of Health

## 5 Pillars of Health

**PURPOSE:** Functional medicine is hard work... You must have a compelling purpose that inspires you to take action towards living a happier, healthier, more fulfilling life.

<table>
<thead>
<tr>
<th>Pillar</th>
<th>Description</th>
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<tbody>
<tr>
<td>SLEEP</td>
<td>Sleep is essential for restoration, repair, and healing. Lack of sleep can impair thinking, immune function, hormone production, gut health, metabolic health, mood, and more.</td>
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<tr>
<td>NUTRITION</td>
<td>We eat to nourish our bodies. It is important to choose foods rich in vitamins, minerals, phytonutrients, and fiber: foods that grow, roam, swim, and fly naturally without additives.</td>
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<tr>
<td>STRESS</td>
<td>Stress can be physical, chemical, emotional, or relational. It creates a strain or change in our normal bodily functions. Stress can alter our nervous system, hormone production, immune function, gut health, metabolic health, mood, sleep, and more.</td>
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<tr>
<td>MOVEMENT</td>
<td>Regular activity can improve energy, thinking, mood, sleep, stress management, detoxification, bone health, and reduce risks for cardiovascular disease, immune dysfunction, obesity, osteoporosis, and more.</td>
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<tr>
<td>DETOX</td>
<td>Learning about toxins and eliminating them from our environments and our bodies is imperative for healthy living. Toxins can impair thinking, immune function, hormone production, gut health, metabolic health, mood, and general wellness.</td>
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</tbody>
</table>
What do the symptoms of anxiety, heavy menstrual bleeding, and insomnia have in common?
The body’s stress response handles physical (e.g., sprained ankle) or mental (e.g., worry) stressors. Chronic stress is a term that describes prolonged periods of mental stress which can have lasting effects on the entire body. People who report higher levels of chronic stress are more likely to develop heart disease, depression, diabetes, dementia, cancer, digestive symptoms, and more.
IF too much stress from:

- Poor sleep
- Poor diet
- Gut issues
- Difficult relationships
- Adverse childhood events
- Demanding job
Non Essentials of the Female Body

- Making hormones
- Metabolizing hormones well
- Growing hair
- Libido
Adolescence

- Menses usually starts ages 11-14
- Anovulatory cycles
- Estrogen dominance
Pregnancy

- 20% chance each cycle
- Progesterone
Perimenopause

- Older eggs
- Estrogen dominance
Menopause

- No menses for a year
- Estrogen dominance for some
- Adrenal hormones
- Ovarian hormones
- Osteopenia
- Osteoporosis
THANK YOU FOR ATTENDING!

Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with your camera phone or follow this link:
https://bit.ly/3tCwdp4

Recordings of presentations and handouts will be posted on our Living Well Wednesday website.
www.ksre.k-state.edu/fcs/livingwellwed/

Join us next month on March 13th for Navigating Diets, Supplements, and Women's Health in a Confusing World!

Find your local Extension Office at ksre.k-state.edu