

Living Through the Middle Years

What Do Hormones Have to Do with It?

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The aging process confronts women and men with a number of challenges:

- Creating a new sense of intention about your life's direction
- Making sense out of mortality
- Coping with physical changes—weight gain, perceived loss of youthfulness, etc.
- Dealing with new medical conditions
- Establishing a new set of expectations regarding sexual functioning
- Changing moods and thinking patterns
- Managing your level of energy
- Maintaining satisfying relationships at home, work, and in your social circle
- Quest for deeper spiritual meaning

What do hormones have to do with these challenges? Research shows that changing hormonal makeup shows up in the form of a change in your sense of overall well-being. The difficulty is not only to know what personal symptoms are changing but also what are their patterns and intensities. When you think that you have a clear understanding of the changes you are undergoing, many things seem to change. You remain in a state of flux, constantly evolving.

You may be able to benefit from having a professional to assist you. Here are some things that you might need:

- Assessing your complete array of symptoms
- Linking your patterns of symptoms to your complete life situation
- Developing the ability to observe your inner changes
- Learning how to work with your mind-body connection
- Establishing a personal system to monitor your changes over time.

Dr. Futterman has extensive experience in working with all sorts of women, in a wide range of life situations. She has conducted clinical studies on PMS, PMDD, Sexual Dysfunction, Mood Disorders and Menstrual Cycle Changes. She is co-authored a book *PMS, Perimenopause and You. A Guide to the Physical, Mental and Emotional Patterns of a Women's Life*. In addition, she treats late adolescents, women and men of all ages on such psychological concerns as mood disorders (anxiety and depression), thinking disturbances (memory, focusing ability, etc.), sexual functioning, stressful life events, and relationship difficulties.

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