**Specialist Hormone Service: Female Health**

**Brief Description:**

Examine the full spectrum of female hormonal health across all life stages, -not just menopause!

Topics include the roles of key hormones, bioidentical hormone replacement therapy (BHRT), and strategies for addressing imbalances like mood swings, fatigue, and decreased libido.

Gain evidence-based insights into cognitive health, bone density, and personalized treatments. Includes self-assessments, case studies, and references for practical application in clinical practice.

**Learning Objectives:**

* Understand the roles of key female hormones across different life stages.
* Explore bioidentical hormone replacement therapy (BHRT) and its clinical applications.
* Identify symptoms and causes of hormonal imbalances in women.
* Learn strategies to address issues like mood swings, fatigue, and libido changes.
* Examine the impact of hormones on cognitive health, bone density, and overall well-being.
* Address myths about hormone therapies and clarify safety concerns.
* Apply evidence-based approaches to personalised hormone management in clinical practice.