Hormone Cycles

&

THE FAMILY LIFE CYCLE

By Jules

The 24 HOUR CYCLE

8 AM

Testosterone rises in the morning and peaks around 8 AM

7-9 PM

Testosterone slowly decreases, hitting its lowest levels around 7-9 PM

24 Hours

This cycle repeats for men every 24 hours

The 28 Day Cycle

WINTER
MENSTRUAL

SPRING
FOLLICULAR

FALL
LUTEAL

SUMMER
OVULATORY

MENSTRUARE

Mensis

LATIN - MONTHLY

For as long as language has been documented, women have been associated with the planet marked by seasonality and cyclical changes - THE MOON

28 Day Cycle

Follicular - Spring

Follicle stimulating hormones begin to form follicles (filled with immature eggs). Ultimately, follicle becomes a fully formed egg, ready to be released.

Rising estrogen, rising energy, better mood

Coming out of Winter, think Spring blooms

Getting back to demanding activities, gaining momentum

Ovulatory - Summer

A mature egg travels through the fallopian tubes and is available to be fertilized.

Estrogen & Testosterone peak! She feels on top of the world

Full solar energy, passionate, strong, shining bright

Ask for a raise, do the tasks that have been put off, anything is possible

28 Day Cycle

Luteal - Fall

The mature egg then turns into a tiny organ - Corpus Luteum - responsible for hormone production. If the egg is fertilized it continues creating hormones for several weeks. If not, it returns to the body.

Hormone levels experience a steep decline

- Mood Swings
- Appetite changes
- PMS Symptoms

Rest, sleep, avoid social activities, nurture the spiritual self

Menstrual - Winter

If the egg is not fertilized, the uterine lining begins to shed itself in preparation to repeat the cycle.

Low Estrogen = Low Energy

- Bloating
- Cramps
- Fatigue

Rest, heat the womb, hibernate as nature does in Winter

28 Day Cycle

Premenstrual Syndrome

PMS

LUTEAL PHASE

Estimated that 3 of 4 women have experienced some of this symptoms in this phase

- Anxiety
- Irritability
- Depressed mood
- Mood swings
- Anger outbursts
- Outbursts of crying
- Cognitive challenges
- Trouble focusing
- Decreased sex drive
- Insomnia

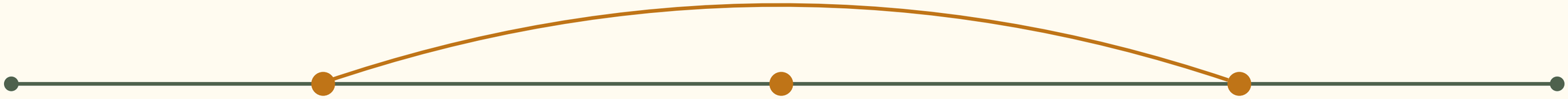
- Joint and muscle pain
- Headache
- Fatigue
- Weight gain - bloating
- Breast tenderness
- Acne flare-ups
- Upset stomach

28 Day Cycle

Differences in Development

AGES OF MENSTRUATION

Consider the various developmental stages that occur across these 10 years in adolescents



AGE 8

AGE 18

MENARCHE AND TIME TO CYCLE REGULARITY AMONG INDIVIDUALS BORN BETWEEN 1950 AND 2005 IN THE US

Key Points

Question In the US, what are the temporal trends in age at menarche and time from menarche to cycle regularity?

Findings This cohort study of 71 341 US female individuals born between 1950 and 2005 found significant trends toward earlier menarche and longer time to regularity over time, and these trends were more pronounced among those who were non-Hispanic Black, Asian, or of other or multiple races (compared with non-Hispanic White individuals) and among low socioeconomic status groups. Body mass index at menarche partially mediated the trend for menarche.

Meaning These findings suggest that early-life menstrual characteristics have been trending in directions that indicate higher risk of later adverse health outcomes, which may contribute to health disparities.

Wang Z, Asokan G, Onnela J, et al. Menarche and Time to Cycle Regularity Among Individuals Born Between 1950 and 2005 in the US. JAMA Netw Open. 2024;7(5):e2412854. doi:10.1001/jamanetworkopen.2024.12854

28 Day Cycle

LET’S IMAGINE A SET OF FRATERNAL TWINS

From birth through year 9 of life, both children have played sports, been academic achievers and have excelled socially

At age 10

He is focused on his passion for sports, is seen by his friends as skilled and his self esteem is developing into a confident, functioning young member of society

At age 10

Her body has begun to change causing unwanted comments from the boys in her school, her period came which causes her significant pain and makes schoolwork incredibly challenging each month. Her grades are declining, she gets in frequent arguments with family and feels like her life is being ruined.

28 Day Cycle

Premenstrual Dysphoric Disorder

PMDD

- Considered to be a severe manifestation of PMS symptoms
- Diagnosed when (a minimum of five) symptoms are experienced during Luteal phase and remit during menstrual phase
- The DSM describes: “The intensity and/or expressivity of the accompanying symptoms may be closely related to **social and cultural** background characteristics of the affected female, **family perspectives**, and more specific factors such as **religious beliefs, social tolerance, and female gender role issues.**”

28 Day Cycle

Premenstrual Dysphoric Disorder

PMDD

- Some women may experience dellusions and hallucinations
- The luteal phase is considered a **suicide risk factor**
- Many patients demonstrated **perimenstrual worsening** of psychiatric symptoms, suicidal ideation, and suicidal planning.
  - Depressive symptoms (depression, hopelessness, perceived burdensomeness, and anhedonia) were the most robust statistical mediators **predicting perimenstrual exacerbation of suicidality.** (Ross et al.)

Ross, Jaclyn M., et al. “Predicting acute changes in suicidal ideation and planning: A longitudinal study of symptom mediators and the role of the menstrual cycle in female psychiatric outpatients with suicidality.” American Journal of Psychiatry, vol. 181, no. 1, 1 Jan. 2024, pp. 57–67, https://doi.org/10.1176/appi.ajp.20230303.

“ How Hormonal Changes During the Menstrual Cycle Affect Women’s—and Men’s—Feelings About Their Relationships.” Menstrual Hormonal Changes and Relationships Satisfaction,

- **Higher progesterone** was linked to **more positive evaluations** of their partner and better psychological well-being.
- “...they found that changes in women’s testosterone were linked to corresponding changes in men’s levels of this hormone—**in other words, as women’s testosterone went up, so did men’s.**
    - Further, on days testosterone was higher, both men and women reported greater levels of **jealously**.”

Wang Z, Asokan G, Onnela J, et al. Menarche and Time to Cycle Regularity Among Individuals Born Between 1950 and 2005 in the US. JAMA Netw Open. 2024;7(5):e2412854. doi:10.1001/jamanetworkopen.2024.12854

The premenstrual syndrome and the partner relationship: **How it affects both partners in different ways**

- This study observed the influence of the premenstrual syndrome (PMS) on the partner relationship for both partners in a daily online survey through one complete menstrual cycle.

- We found **clear evidence for relationship difficulties** (manifested in a decrease in satisfaction and shared good experiences and an increase in dispute) during the last week of the cycle in the PMS group for women.

Fehlner K (2018) The premenstrual syndrome and the partner relationship: How it affects both partners in different ways, J Pregnancy Reprod 1: doi: 10.15761/JPR.1000134

28 Day Cycle

PMS Study

Impact of satisfaction with the relationship in general and the support by the male partner on the woman's perceived severity of her PMS symptoms

Women in **unhappy relationships** reported **more severe PMS symptoms** than women in happy relationships; the week before the period sets in was named the "vulnerable phase", where **a breakout of existing dissatisfaction** in the relationship or feelings of overload were more likely.

For women, we could conclude, as already done in past research, that the **PMS symptom phase is overloaded with strains** of PMS symptoms and **external influence** coming from their environment

Fehlner K (2018) The premenstrual syndrome and the partner relationship: How it affects both partners in different ways, J Pregnancy Reprod 1: doi: 10.15761/JPR.1000134

28 Day Cycle

Case Study- Carla

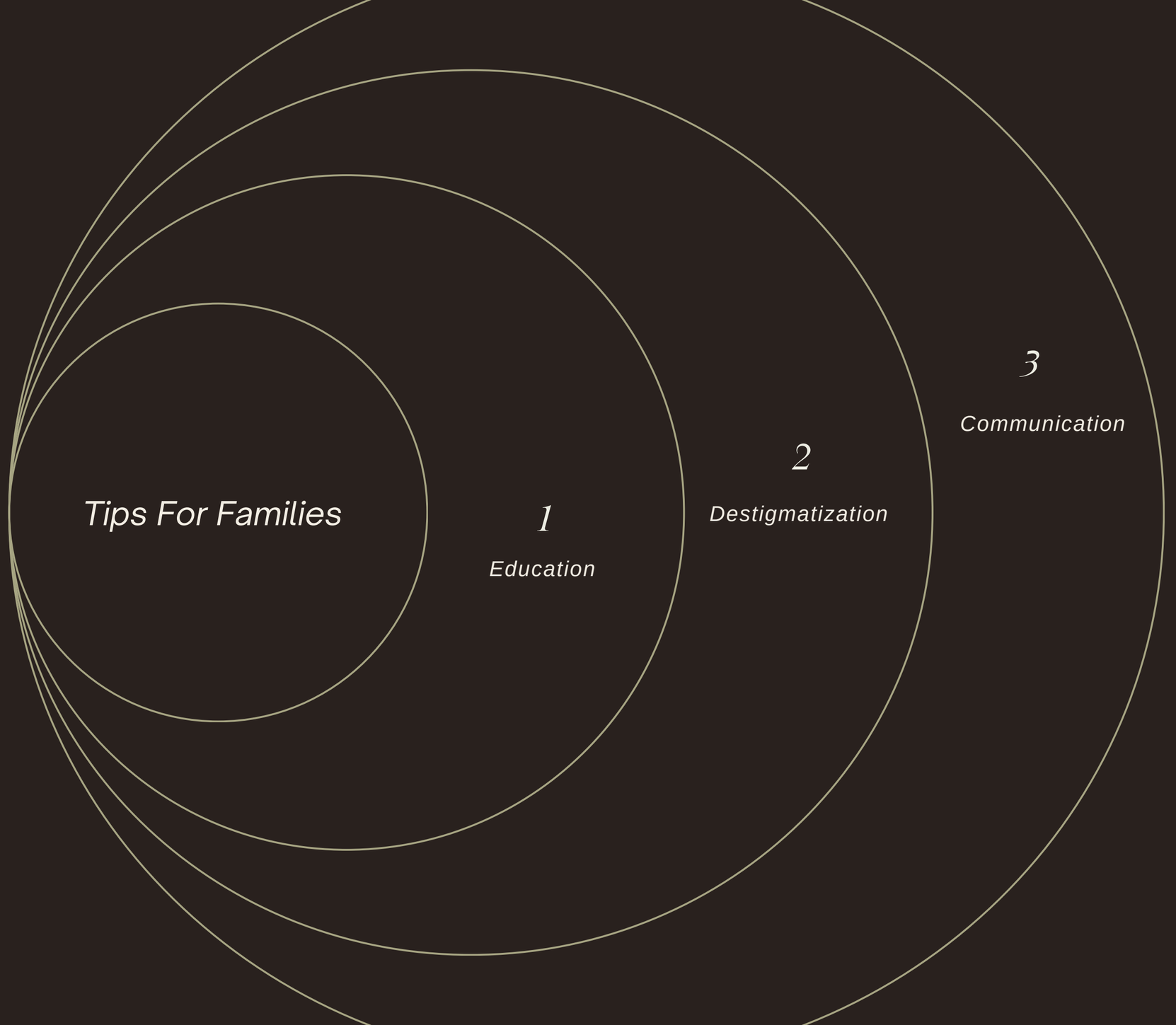
- Recently got her period with no prior education on it due to family's religious beliefs
- New baby in the family suddenly changed hierarchy
- Gender roles mean she is helping around the house more
    - Little brother does not have the same expectation
- Kids at school are commenting on her changing looks
- She turns to an "alternative" style because they "are going to stare either way"

ONE CHALLENGE

Hormonal Birth Control

28 Day Cycle

Seasonal Living



TIPS FOR ORGANIZATIONS

[Flexible Due Dates]

Inviting a woman to be in charge of her workload and schedule without sacrificing quality of work

[Technology]

Flexibility in form of attendance by offering x amount of virtual attendance options

[Flexible Schedule & Location]

With a decrease in office spaces and more people WFM, offer the ability to clock in when she sees fit as long as she reaches her hours

TIPS FOR THE THERAPIST

1. *Lead with curiosity*
2. *Offer education*
3. *Destigmatize*