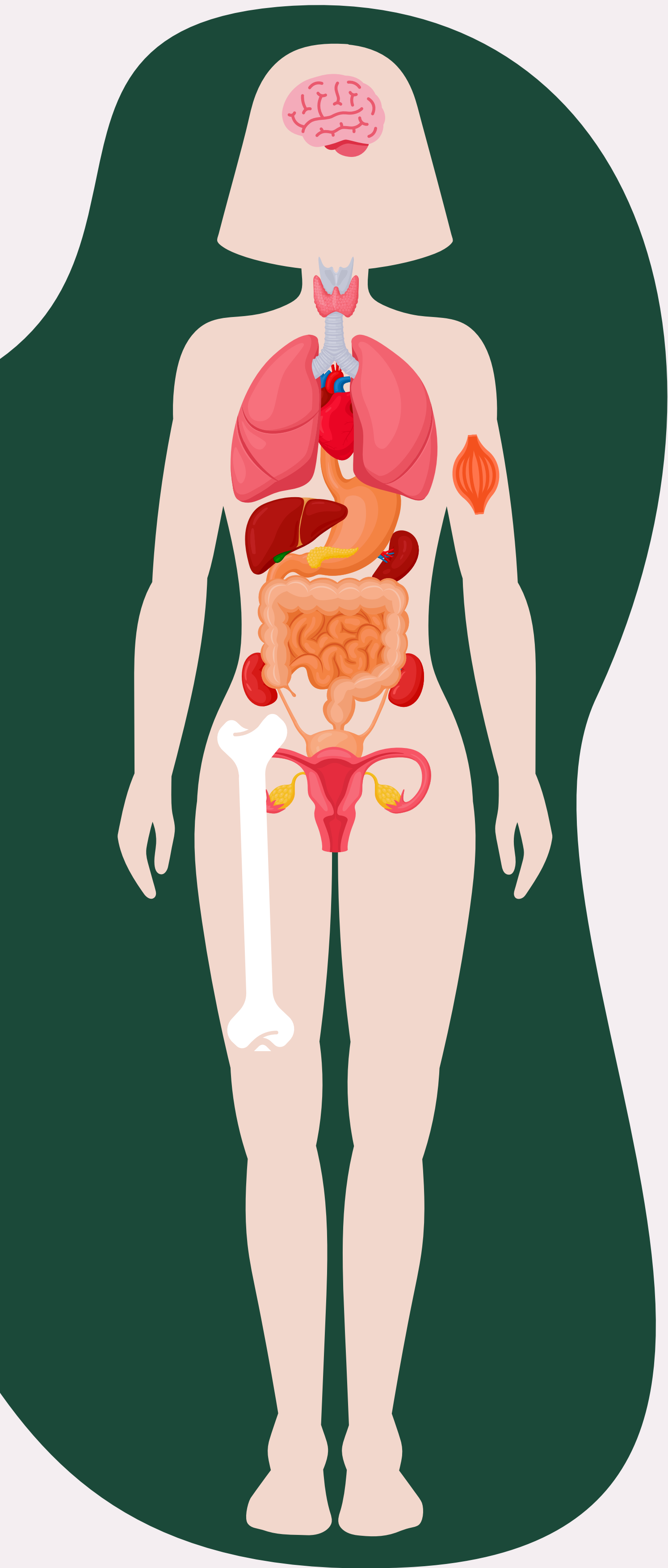


The Influence of Estrogen



Brain

Improves mood
Body temperature control
Memory
Libido

Heart

Heart rate
Healthy lining of blood vessels
Lower cholesterol

Liver

Cholesterol regulation

Bones

Bone strength

Skin

Collagen production
Reduce moisture loss

Joints and muscles

Anti-inflammatory
Muscle strength
Flexibility
Joint lubrication

Bowel

Maintains function
Helps with gut microbiome

Nerves

Nerve transmission

Bladder

Reduces risk of infection
Improves bladder function

Vagina

Lubrication
Maintains healthy microbiome