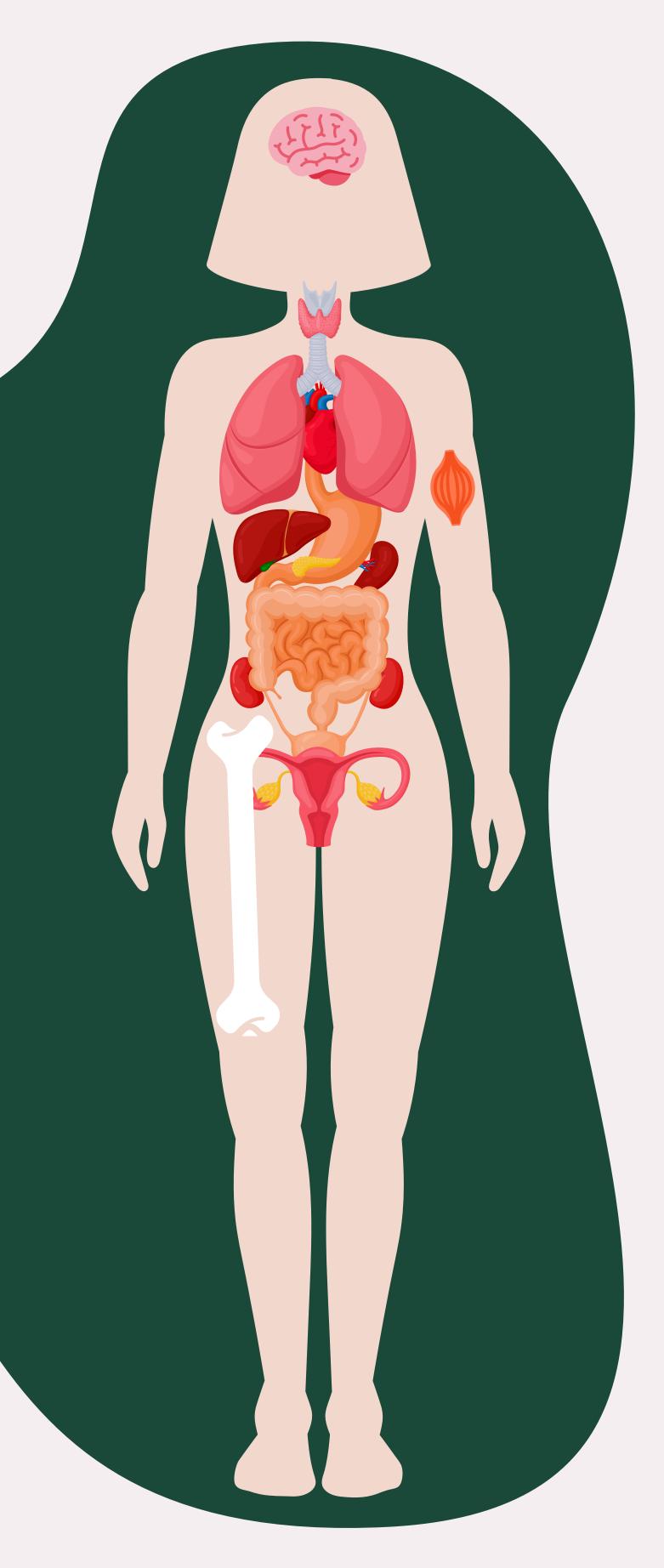
# The Influence of Estrogen



# **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