

# Women's Health & Functional Medicine

## Today's Guide for A Healthy Conversation

We will begin at 12:10 p.m.

### PRESENTER



Joleen Zivnuska  
APRN, MSN, Prairie Health & Wellness,  
Women's Health Nurse Practitioner

Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at [www.ksre.k-state.edu/fcs/livingwellwed/](http://www.ksre.k-state.edu/fcs/livingwellwed/)

**LIVING WELL  
WEDNESDAY**

K-State Research and Extension Webinar Series

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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

fax:  
(833) 256-1665 or (202) 690-7442;

email:  
program.intake@usda.gov.

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Washington, D.C. 20250-9410; or

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(833) 256-1665 o (202) 690-7442;

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# Functional Medicine Approach to Women's Health

Joleen Zivnuska, APRN, MSN

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# Functional Medicine

Looks for the root cause of the  
symptom

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**Symptoms warn us  
something isn't right  
with our bodies**

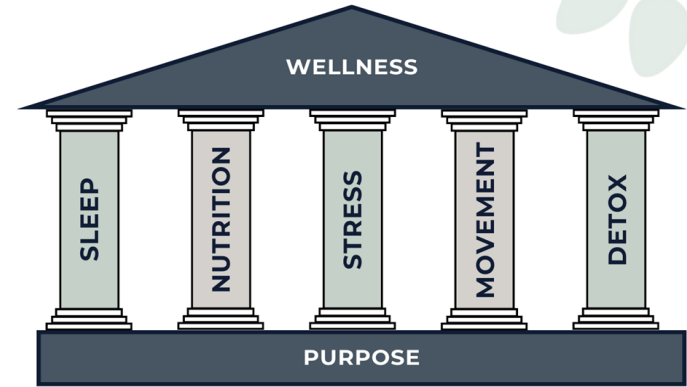
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Our bodies  
crave balance

Especially balanced hormones

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# 5 PILLARS OF HEALTH



**PURPOSE:** Functional medicine is hard work... You must have a compelling purpose that inspires you to take action towards living a happier, healthier, more fulfilling life.

## PHW Pillars of Health

### SLEEP

Sleep is essential for restoration, repair, and healing. Lack of sleep can impair thinking, immune function, hormone production, gut health, metabolic health, mood, and more.

### NUTRITION

We eat to nourish our bodies. It is important to choose foods rich in vitamins, minerals, phytonutrients, and fiber: foods that grow, roam, swim, and fly naturally without additives.

### STRESS

Stress can be physical, chemical, emotional, or relational. It creates a strain or change in our normal bodily functions. Stress can alter our nervous system, hormone production, immune function, gut health, metabolic health, mood, sleep, and more.

### MOVEMENT

Regular activity can improve energy, thinking, mood, sleep, stress management, detoxification, bone health, and reduce risks for cardiovascular disease, immune dysfunction, obesity, osteoporosis, and more.

### DETOX

Learning about toxins and eliminating them from our environments and our bodies is imperative for healthing living. Toxins can impair thinking, immune function, hormone production, gut health, metabolic health, mood, and general wellness.

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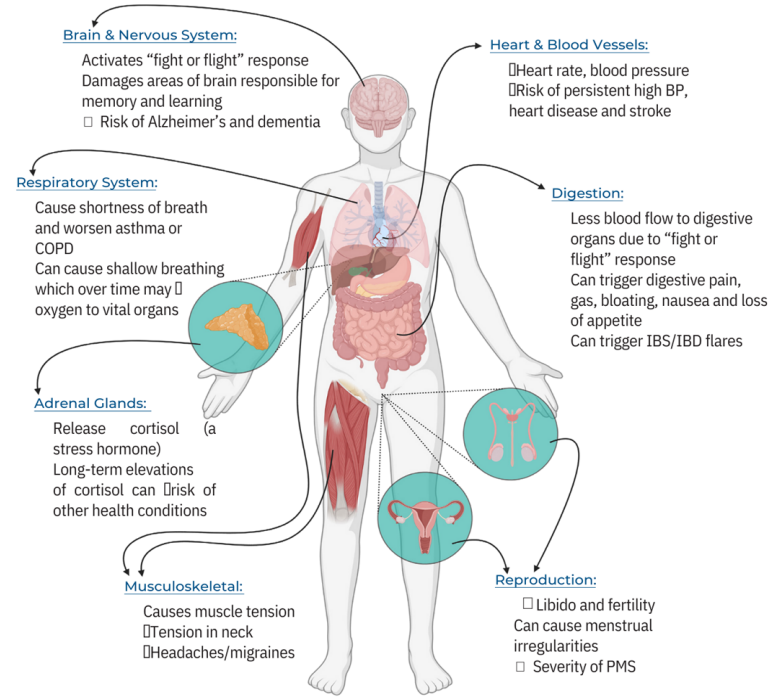
**What do the symptoms of anxiety, heavy menstrual bleeding, and insomnia have in common?**

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# Autonomic Nervous System Response to Stress

The body's stress response handles physical (e.g., sprained ankle) or mental (e.g., worry) stressors. Chronic stress is a term that describes prolonged periods of mental stress which can have lasting effects on the entire body. People who report higher levels of chronic stress are more likely to develop heart disease, depression, diabetes, dementia, cancer, digestive symptoms, and more.



BP - blood pressure, IBS - irritable bowel syndrome, IBD - Irritable bowel disease, PMS - pre-menstrual syndrome, COPD - chronic obstructive pulmonary disease

# IF too much stress from:

- Poor sleep
  - Poor diet
  - Gut issues
  - Difficult relationships
  - Adverse childhood events
  - Demanding job
-

# Non Essentials of the Female Body

- Making hormones
  - Metabolizing hormones well
  - Growing hair
  - Libido
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# Adolescence

- Menses usually starts ages 11-14
- Anovulatory cycles
- Estrogen dominance

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# Pregnancy

- 20% chance each cycle
- Progesterone

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# Perimenopause

- Older eggs
  - Estrogen dominance
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# Menopause

- No menses for a year
  - Estrogen dominance for some
  - Adrenal hormones
  - Ovarian hormones
  - Osteopenia
  - Osteoporosis
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# THANK YOU FOR ATTENDING!

Please take a few seconds to  
complete our Living Well  
Wednesday Survey.



Scan the QR code with your camera  
phone or follow this link:

<https://bit.ly/3tCwdp4>

Recordings of presentations and handouts will be  
posted on our Living Well Wednesday website.

[www.ksre.k-state.edu/fcs/livingwellwed/](http://www.ksre.k-state.edu/fcs/livingwellwed/)

Join us next month on  
March 13th for  
Navigating Diets,  
Supplements, and  
Women's Health in a  
Confusing World!

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