

# Characterization of Menstrual Steroid Growth Hormones in the Patients with Anorexia Nervosa (AN) Using Hair Analysis

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## Abstract

Anorexia nervosa is a serious eating disorder that affects both men and women. It is characterized by a distorted body image and an intense fear of gaining weight. A can lead to severe physical and psychological consequences, including hormonal imbalances. In recent years, hair analysis has emerged as a valuable tool for measuring hormones over a longer period than blood or urine samples. This article will explore the characterization of menstrual steroid growth hormones in patients with a using hair analysis.

**Keywords:** Menstrual steroid • Anorexia nervosa • Hormonal imbalances

## Introduction

The menstrual cycle is a complex process that involves the interplay of hormones. In women with AN, the menstrual cycle can be disrupted or absent, leading to a condition called amenorrhea. Amenorrhea in AN is often due to low levels of estrogenic, which is responsible for the development of secondary sex characteristics and the regulation of the menstrual cycle. Additionally, patients often have low levels of growth hormone, which is responsible for the growth and repair of tissues in the body. Research using hair analysis is needed to better understand the hormonal imbalances associated with and develop effective treatments for this condition. The father's role in this situation and the potential for "paternity blues," a brief period of depression brought on by identifying with the new-born's vulnerability as well as the mother's postpartum vulnerability.

## Literature Review

Hair analysis has become a useful tool for measuring hormones over an extended period, providing a window into long-term hormone patterns. In A patients, hair analysis can help to detect the presence of hormones that may not be present in blood or urine samples. Additionally, hair analysis can detect hormone levels over several months, which can help to establish long-term hormone patterns. Recent studies have used hair analysis to investigate hormone levels patients. Found that A patients had lower levels of estrogenic, progesterone, and testosterone in their hair than healthy controls. Additionally, A patients had lower levels of growth hormone, which was correlated with the severity of the disease. Found that A patients had lower levels of cortisol, which is a stress hormone that can affect the menstrual cycle [1-3].

## Discussion

These studies demonstrate the potential of hair analysis for characterizing

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hormone levels in AN patients. By measuring hormone levels over several months, hair analysis can provide insight into long-term hormone patterns that may be missed by other methods. Additionally, hair analysis can detect hormones that may not be present in blood or urine samples. These last several years have seen the emergence of new evidence, and more is still to come Future study should not stop at solidifying the points that have already been made; rather, it should continue by examining other domains that may provide fresh insights into this complicated illness. This can help to facilitate positive interactions between the mother and infant, which can in turn reduce maternal stress and anxiety. Finally, music therapy may provide a distraction from the stress and anxiety associated with the NICU environment. By focusing on the music, mothers may be able to temporarily forget about their worries and concerns, allowing them to relax and experience positive emotions. It is worth noting that while music therapy has been shown to be effective in reducing maternal stress in preterm infants, it is not a substitute for other forms of support and care. Parents of preterm infants may benefit from a range of interventions, including counselling, education, and social support. However, music therapy can be a valuable adjunctive therapy that can help to reduce stress and anxiety and promote positive emotional wellbeing for both parents and infants [4-6].

## Conclusion

The characterization of menstrual steroid growth hormones in patients with AN using hair analysis has provided valuable insights into the hormonal imbalances associated with this condition. By measuring hormone levels over several months, hair analysis can help to establish long-term hormone patterns and detect hormones that may not be present in blood or urine samples. Further research using hair analysis is needed to better understand the hormonal imbalances associated with develop effective treatments for this condition. The father's role in this situation and the potential for "paternity blues," a brief period of depression brought on by identifying with the new-born's vulnerability as well as the mother's postpartum vulnerability, which could result in a shared insanity with the mother, could be an interesting combination.

## Acknowledgement

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## Conflict of Interest

None.

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