Contents

Chapter 1 Ovaries Are the Key to Feminine Charm and Health

1.1 Ovaries: The Roots of a Woman's Radiance 1

1.2 Ovarian Hormones: The Essence of Youthful Vitality 4

1.3 High-Quality Follicles: The Prerequisite for Motherhood 7

1.4 The Ovarian Journey: From Puberty to Menopause 10

1.5 Ovarian Aging: The Pacemaker and Accelerator of Female Aging 13

1.6 Different Patterns of Ovarian Aging 16

Chapter 2 Consequences of Ovarian Aging

2.1 Infertility, Abortion, and Stillbirth 21

2.2 Menstrual Irregularities 24

2.3 Hot Flashes and Night Sweats 26

2.4 Loss of Skin Firmness and Shifts in Body Composition ····· 28
2.5 Mood Disturbances ····· 30
2.6 Sleep Disruptions ····· 32
2.7 Heart and Blood Vessel Troubles ····· 33
2.8 Osteoporosis and Muscle or Joint Pain ····· 36
2.9 Sexual Dysfunction ····· 38

Chapter 3 Factors Contributing to Ovarian Aging

3.1 Genetic Susceptibility ····· 42
3.2 Environmental Pollutants ····· 45
3.3 Unhealthy Lifestyle ····· 48
3.4 Metabolic and Endocrine Disturbances ····· 52
3.5 Psychosocial Stress ····· 56
3.6 Immune Imbalance ····· 58
3.7 Pathogen Infections ····· 60
3.8 Iatrogenic Ovarian Damage ····· 64

Chapter 4 How to Assess Ovarian Aging?

4.1 The Sex Hormone Panel ····· 71
4.2 Other Serum Parameters for Predicting Ovarian Aging ····· 77
4.3 Ultrasound Indicators ····· 80
4.4 Self-Check: Am I Going Through Menopause? ····· 83
4.5 Professional Scoring Systems of Ovarian Aging ····· 85

Chapter 5 Nourish Your Ovaries: Lifestyle Wisdom for Ovarian Youth

5.1 Eat Right: The Dietary Code for Younger Ovaries····88
5.2 Drink Smart: The Beverage Secrets for Ovarian Energy····95
5.3 Sleep Sound: The Password to Ovarian Health····99
5.4 Exercise Moderately: The Key to Ovarian Vitality····103
5.5 Stay Happy: The Emotion Hack for Ovarian Function····106

Chapter 6 When the Clock of Ovarian Aging Ticks, How to Slow It?

6.1 Anti-Aging Pills: Do They Work on Ovaries?····110
6.2 Stem Cells: Can They Reboot Aging Ovaries? ····116
6.3 Medical Treatments: How to Shield Ovaries from Harm?····120
6.4 Ovarian Cryopreservation: A Longer Reproductive Window?····127
6.5 Artificial Ovary: How Close Are We to Reality?····131

Chapter 7 Comprehensive Management of Menopause: From Medical Treatment to Lifestyle Care

7.1 The Menopausal Transition: Navigating a New Physiological Phase····134

7.2 Sustaining Health and Vitality: The Benefits of Menopausal Hormone Therapy ····· 137
7.3 Medical Criteria: Indications and Contraindications for Menopausal Hormone Therapy ····· 141
7.4 Without Hormones: Facing Menopause, What Other Options Are There? ····· 145
7.5 Care: Long-Term Well-Being ····· 148

Chapter 8 Myths About Ovarian Aging: What You May Have Gotten Wrong

8.1 Can Ovarian Massage Prevent Aging? ····· 152
8.2 Does Breast Massage Really Nourish the Ovaries? ····· 155
8.3 Do Contraceptives or Fertility Drugs Exhaust Ovarian Follicles? ····· 156
8.4 Can Hormone Therapy Preserve Ovarian Function? ····· 159
8.5 Is Postmenopausal Bleeding a Sign of Ovarian Revival? ····· 160
8.6 Do You Still Need Contraception When Ovaries Begin to Age? ····· 162