

# HORMONE HEALTH CHECKLIST FOR MEN

Your brain is the control-center of your body. One important system it controls is the body's *endocrine*, or hormone system. When your brain is not functioning optimally, or as you age through life's changes, your hormone system may become imbalanced. Below are a few of the more common imbalances seen in our hormone systems today. Take this short quiz to see if you may be imbalanced. Please mark each question with a yes or no.

## ANDROPAUSE: MALE HORMONE IMBALANCE

1. ☐ Has your sex drive noticeably decreased?
2. ☐ Have you noticed an increase in fat around your abdomen?
3. ☐ Do you notice your morning erections disappearing?
4. ☐ Have you noticed a decrease in your enjoyment of life?
5. ☐ Do you have a lack of energy?
6. ☐ Do you have a decreased amount of strength?
7. ☐ Has your endurance for physical exercise decreased?
8. ☐ Do you feel depressed?
9. ☐ Have you noticed a decrease in the strength/firmness of your erections?
10. ☐ Do you feel irritable often?
11. ☐ Do you feel anxious often?
12. ☐ Do you notice a sense of fatigue in your body?
13. ☐ Have you lost significant muscle mass in your body?
14. ☐ Do you fall asleep early in the evening, around dinnertime?

If you answered yes to three or more of the above questions, you may have low testosterone levels. This can be accurately determined with a blood test ordered by your doctor for both Total Testosterone and Free Testosterone. In some men, testosterone gets converted to estrogen, which can also contribute to the above symptoms. Your doctor can order a blood test for estradiol to check for this, too.

## THYROID HORMONE IMBALANCE

1. ☐ Have you noticed excessive fatigue or weakness?
2. ☐ Do you have dry or coarse skin?
3. ☐ Have you experienced hair loss on your head and body?
4. ☐ Do you have cold hands and feet?
5. ☐ Have you experienced weight gain?
6. ☐ Do you frequently have insomnia?
7. ☐ Do you struggle with constipation?
8. ☐ Do you feel depressed?
9. ☐ Do you have a poor memory or forgetfulness?

10. \_\_\_\_ Do you feel sluggish?
11. \_\_\_\_ Are you intolerant to cold weather?
12. \_\_\_\_ Do you become out of breath easily?
13. \_\_\_\_ Is your voice hoarse?

If you answered yes to five or more of the above questions, you may have low thyroid levels, or *hypothyroidism*. This can be accurately determined with a blood test ordered by your doctor for TSH, Free T4, and Free T3.

## **THYROID HORMONE IMBALANCE #2**

1. \_\_\_\_ Do you notice fatigue?
2. \_\_\_\_ Do you notice weakness?
3. \_\_\_\_ Are you intolerant to hot weather?
4. \_\_\_\_ Have you experienced unexplained weight loss?
5. \_\_\_\_ Do you suffer from insomnia?
6. \_\_\_\_ Do you have frequent bowel movements?
7. \_\_\_\_ Do you often feel nervous?
8. \_\_\_\_ Do your hands have a shaky tremor?
9. \_\_\_\_ Do you feel heart palpitations (rapid or fluttering heart beat)?
10. \_\_\_\_ Do you experience breathlessness?

If you answered yes to five or more of the above questions, you may have high thyroid levels, or *hyperthyroidism*. This can be accurately determined with a blood test ordered by your doctor for TSH, Free T4, and Free T3.

## **ADRENAL HORMONE IMBALANCE**

1. \_\_\_\_ Do you feel like you have excessive exhaustion?
2. \_\_\_\_ Are you unable to lose gained weight?
3. \_\_\_\_ Do you have a low sex drive?
4. \_\_\_\_ Do you feel lightheaded shortly after standing up?
5. \_\_\_\_ Do you have difficulty getting up in the morning?
6. \_\_\_\_ Do you need coffee or other stimulants to get going in the morning?
7. \_\_\_\_ Do you crave sugar or salty foods?
8. \_\_\_\_ Do you tremble when under pressure?
9. \_\_\_\_ Do you have difficulty remembering things?
10. \_\_\_\_ Do you feel fatigued in the afternoon between 3:00 and 5:00 p.m.?
11. \_\_\_\_ Do you feel suddenly better for a brief period after eating?
12. \_\_\_\_ Is it difficult for you to recover after a physical exercise session?
13. \_\_\_\_ Are you sensitive to bright lights?
14. \_\_\_\_ Do you ever feel overwhelmed or unable to cope?
15. \_\_\_\_ Do you have difficulty concentrating?
16. \_\_\_\_ Do you often find yourself anxious or irritable?
17. \_\_\_\_ Do you have low blood pressure?

18. \_\_\_\_\_ Do you have multiple allergies?
19. \_\_\_\_\_ Do you feel depressed?
20. \_\_\_\_\_ Are you intolerant to cold weather?

If you answered yes to five or more of the above questions, you may have adrenal fatigue or adrenal exhaustion. This can be accurately determined with a urine or saliva test ordered by your doctor for Cortisol and DHEA.

This symptom list is to be used in conjunction with sound medical advice and is intended to be used as a supplement to other diagnostic tools as seen fit by your healthcare provider.

For more information on balancing hormones, please contact Wellness Compounding Pharmacy, 1150 Crater Lake Avenue, Medford, OR 97504 or call (541) 774-3939, or visit [www.wellnesscompoundingpharmacy.com](http://www.wellnesscompoundingpharmacy.com).