

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.