

# Pharmasave Port Coquitlam

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## Symptom Lists (Male)

### Androgens Deficiency (Testosterone and DHT) (gradual decline in levels)

- Low sex drive
- Feel burner out
- Decrease endurance
- Fatigue
- Muscle aches/stiffness
- Depression
- Bone loss
- Decreased muscle mass
- Decreased erections
- Loss of morning erections
- Penis shrinkage
- Loss of sense of humour
- Grumpiness
- Increase sweating
- Lack of enthusiasm

### Androgens Excess

- Irritability
- Increased aggressiveness
- Oily skin
- Increased acne
- Increased stroke risk
- High cholesterol
- Increased proportion of red blood cells in blood (hematocrit)

### Estrogen Deficiency

- Hot flashes
- Night sweats
- Bone loss
- Memory problems

### Estrogen Excess

- Breast enlargement
- Weight gain (hips)
- Low sex drive
- Enlarged prostate
- Increased urge to urinate
- Decreased urine flow
- Cold body temperature

### Low Cortisol

- Fatigue
- Allergies
- Aching muscles
- Feeling cold
- Neck stiffness
- Increased infections
- Morning sluggishness
- Burned out feeling
- Low sex drive
- Feel unable to cope

### High cortisol

- Irritability
- Tired but wired feeling
- Weight gain – waist
- Loss of muscle mass
- High blood pressure
- Insulin resistance
- Low sex drive
- Impaired memory
- Loss of scalp hair
- Burned out feeling
- Depression