



## Are you experiencing these symptoms of hormone imbalance? I can help.

Fatigue

Decreased sexual desire

Irritability

Decreased sexual function

Mood swings

Decreased sexual response

Depression

Burned out feeling

Anxiety

Difficulty with memory

Poor sleep

Decreased concentration

Weight gain

Decreased stamina

Foggy thinking

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## Hormone Imbalance in Men

**Men of any age can experience symptoms of hormone imbalance – especially during times of stress.** The most common age for a male to experience hormonal changes is beginning in his late forties. As testosterone levels are decreasing and estrogen levels are increasing, most men notice decreased muscle mass, decreased stamina, and diminishing muscle strength. This is called andropause, and is a treatable condition that responds well to bio-identical hormones.

**Erectile dysfunction is also common** and difficult for most men to talk about. Most men can achieve an erection but may have difficulty maintaining the erection. Orgasm response can also be diminished or delayed.

**There is evidence that this hormone imbalance also contributes to enlarged prostate** which is what causes disruption of urine flow and multiple trips to the bathroom at night. This estrogen-dominant state may also stimulate the growth of prostate cancer.

**Men begin to experience fatigue, weight gain, night sweats, and feeling burned out.** They often become concerned about their performance on the job. This makes them feel irritable and intolerant – the stereotype of the "grumpy old man" exists for a reason.

**Most men and their partners recognize the change, but do not know what to do.** They do not feel like they want to go on "medication." They soon find themselves in the recliner with life passing them by and giving up their sex lives much too soon.