

MALE SYMPTOM CHECKLIST FOR HORMONE IMBALANCE | 2009

The following checklists can be used to help you and Dr. Haendiges determine specific symptoms of hormone imbalance.

Category 1: Basic Hormone Imbalance

Burned out feeling	Hot flashes
Weight gain – waist	Decreased libido
Decreased erections	Night sweats
Irritable	Erectile dysfunction
Prostate problems	Decreased mental sharpness
Insomnia	Increased urinary urge
Infertility problems	Oily skin
Apathy	Decreased urine flow
Decreased stamina	Sleep disturbances
Decreased muscle mass	

Category 2: Adrenal Hormone Imbalance

Aches and pains	Sleep disturbances
Infertility	Lack of motivation
Chronic illness	Stress
Elevated triglycerides	Depression
Prostate problems	Evening fatigue
Morning fatigue	Anxiety
Allergic conditions	Weight gain – waist
Decreased erections	Susceptibility to infections
Bone loss	Blood sugar imbalance
Autoimmune illness	Fibromyalgia

Category 3: Thyroid Hormone Imbalance

Low libido	Foggy thinking
Constipation	Elevated cholesterol
Depression	Infertility
Fatigue	Cold body temperature
Headaches	Lack of motivation
Decreased erections	Sleep disturbances
Inability to lose weight	

Category 4: Cardio Metabolic Risk

Weight gain	Low HDL
Sugar cravings	High blood pressure
Fatigue	Blood sugar imbalance
High cholesterol	High triglycerides
Heart disease or family history of heart disease	Diabetes or family history of diabetes