

Sexual Function

- Decrease in spontaneous morning erections Rare Moderate Frequent
- Decreased libido or desire for sex Rare Moderate Frequent
- Decrease in fullness of erections Rare Moderate Frequent
- Decrease in volume of ejaculate or semen Rare Moderate Frequent
- Decrease in strength of climax or force of muscular pulsations Rare Moderate Frequent
- Difficulty in maintaining full erections Rare Moderate Frequent
- Difficulty in starting erections—or no erection Rare Moderate Frequent

Mental Function

- Mental fatigue or inability to concentrate; feeling “burned out” Rare Moderate Frequent
- Tiredness or sleepiness in the afternoon or early evening Rare Moderate Frequent
- Decrease in mental sharpness, attention, wit Rare Moderate Frequent
- Change in creativity or spontaneous new ideas Rare Moderate Frequent
- Decrease in initiative or desire to start new projects Rare Moderate Frequent
- Decrease interest in past hobbies or new work-related activities Rare Moderate Frequent
- Decrease in competitiveness Rare Moderate Frequent
- Change in memory function; increased forgetfulness Rare Moderate Frequent
- Feelings of depression; a sense that work, marriage, or recreational activities have lost significance Rare Moderate Frequent

Musculoskeletal Function

- “Sore-body syndrome”—aches, joint and muscle pain Rare Moderate Frequent
- Decline in flexibility and mobility; increased stiffness Rare Moderate Frequent
- Decrease in muscle size, tone, strength Rare Moderate Frequent
- Decrease in physical stamina Rare Moderate Frequent
- Decrease in athletic performance Rare Moderate Frequent
- Back pain; neck pain Rare Moderate Frequent
- Tendency to pull muscles or get leg cramps Rare Moderate Frequent
- Development of osteoporosis or inflammatory (rheumatoid) arthritis Rare Moderate Frequent

Metabolic Function

- Increase in total cholesterol or triglycerides Yes No
- Decrease in HDL cholesterol Yes No
- Rise in blood sugar levels or onset of diabetes Yes No
- Rise in blood pressure/diagnosis of hypertension Yes No
- Unexplained weight gain, particularly in the stomach/midsection Yes No
- Increased fat distribution in breast area or hips Yes No
- Development of chest pain, or diagnosis of heart disease or blockage in arteries Yes No
- Shortness of breath with activities; worsening of asthma or emphysema Rare Moderate Frequent
- Lightheaded, dizzy spells, or ringing of the ears; new onset of headaches Rare Moderate Frequent
- Poor circulation in the legs, swelling of ankles, development of varicose veins or hemorrhoids Rare Moderate Frequent
- Changes in visual acuity; trouble reading fine print Rare Moderate Frequent

So Now What?

We all age...some of us more gracefully than others. *If you checked "Yes", "Frequent", or "Moderate" to more than five of these questions, your hormones may be out of balance.* There are several things you can do to help rebalance your hormones naturally. These can include:

- Targeted supplementation with vitamins and minerals
- Supplementation with herbs and botanicals that have been shown to improve hormone balance in men
- Dietary changes
- Bioidentical hormone replacement

At Living Wellness Medical Center, we offer comprehensive hormone testing which can help identify deficiency and imbalance.

Call today and schedule a FREE 10-minute consultation with Dr. Bradford.

He can help get you on the path back to optimal health.

(480) 588-6856