

MALE HORMONES

Measuring Male Hormones for Balance and Metabolism...



Signs and symptoms of low testosterone can include:

- A decrease in spontaneous erections (such as during sleep)
- A low red blood cell count (mild anemia)
- Decreased energy, motivation and self-confidence
- Diminished physical or work performance
- Feeling sad or depressed
- Height loss and thinning bones
- Hot flashes and sweats
- Increased body fat
- Infertility
- Loss of body and pubic hair
- Poor concentration and memory
- Reduced muscle bulk and strength
- Reduced sexual desire
- Sleep apnea or other sleep problems
- Small or shrinking testes
- Swollen or tender breasts (gynecomastia)

[Sources: www.mayoclinic.com and www.lef.org]

Why is testing male hormone levels important?

As men age, they begin to experience changes in their bodies. Abdominal fat increases and muscle mass decreases. They also experience a distressing decline in their sex drive. At the same time, the risk of serious health conditions such as depression and heart disease rises. There is often an underlying and identifiable cause of these symptoms—the gradual decline of important sex hormones, especially testosterone.

The effect of sex hormones on tissues is also affected by the level of sex hormone binding globulin (SHBG). Sex hormones circulate in the bloodstream in very small quantities as free molecules. Nutritional status and the levels of other hormones are among the factors that determine levels of SHBG.

Why should I use the Metamatrix Male Hormones Profile?

The Metamatrix Male Hormones Profile provides a powerful tool for ensuring optimal male hormone balance and metabolism. The Male Hormones Profile uniquely allows for evaluation of both total testosterone and free, bio-available testosterone (free androgen index) with inclusion of sex hormone binding globulin (SHBG).

Assessment of androgen metabolism is also enhanced with measurement of estradiol, demonstrating the degree of aromatase activity that may influence prostate health. In addition, prostate-specific antigen (PSA) is included with this profile offering a marker for the impact of male hormones on the prostate gland.

PATIENT INFORMATION SHEET



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