

MICHAEL E. DOYLE, MD

Darien Integrative Medicine

6 Thorndal Suite #102 Darien, CT 06820

ph 203.324.4747 fax 203.324.4747

www.darienmed.com

MALE HORMONE THERAPY

TESTOSTERONE

Too little - is associated with muscle weakness and wasting, osteoporosis, depression, fatigue, loss of confidence, erectile dysfunction, low libido and insulin resistance/high blood sugar.

Too much - can lead to irritability, high cholesterol, fluid retention, acne, facial hair, decreased sperm count, liver and prostate problems --- possibly aggravating prostate cancer.

DHEA - Dehydroepiandrosterone is an adrenal hormone that counterbalances cortisol and is converted into testosterone and estrogen.

Too little - is associated with weight gain, increased blood sugar (insulin resistance), depressed mood, fatigue and less effective response.

Too much - may cause prostate problems (including aggravating prostate cancer), acne, increased face and body hair, insomnia and excess estrogen.

PROGESTERONE

Men may benefit from small amounts of this hormone to limit conversion of testosterone to more harmful metabolites. It may help with prostate problems such as enlargement and possible with prostate cancer.

FOLLOW UP

Men taking these hormones should have annual examinations and periodic tests of liver function and blood counts. You must be monitored while taking hormones. If side effects occur, reduce or stop dosage and speak with your doctor promptly.

TESTOSTERONE AND DHEA ARE NOT WIDELY ACCEPTED/MAINSTREAM TREATMENTS EXCEPT WHEN CLEAR DEFICIENCIES EXISTS.