Male Testosterone

Date _____ Name _____

✔ Tick Your Symptoms

Appearance	
	Aging appearance
	Abdominal obesity
Head	
	Headache
	Ear noises
	Aging face
	Small wrinkles
Heart	
	Palpitations
	Short of breath quickly
Muscles and Joints	
	Decreased muscles and strength
	and strength
	Joint pains
Skin	
	Easily sunburned
Nerves	
	Numbness, tingling
Digestion	
	Slow bowel movements
	Constipation
Health in general	
	Frequent complaints of being sick
Behaviour	
	Nervous, irritable
	Ill at ease
	Lack of mental firmness
	Indecisive, hesitating
	Loss of confidance
	lack of authority
	Submissive
Mood	
	Depression all day
	Maybe crying, suicidal)
	Anxious a lot more than usual
Energy	
	Persistent fatigue that increases with activity
	General lethargy
	Lack interest in sports
	Lack of endurance
Sleep	
	Disturbed sleep
	Hot flushes or feeling hot
	Sweating spells of head and upper chest
Urination and Prostate	
	Night urinations
	Weaker force
	Slow to start
	Prostate infections

Sex	
	Decreased sex drive
	Erections too soft or absent
	Erections wont last
	Less ejaculation
	Penis loss of feeling
Mind and Memory	
	Poor concentration
	Poor memory
	Excessive emotions
	Too sensitive to problems
	Over worrying
	Excess anxiety, fears
	Loss initiative
Social	
	Loss of interest in life
	Withdrawn, few contacts

Dr Bill Reeder
Biomedicine 2009

Male Testosterone

Date _____ Name _____

Doctor to Complete

Appearance	
	Pale
	Slumped, fragile
	Older looking adult
	Losing height
	Dry, thin (atrophic) skin
	Bruise easily
Back	
	Kyphosis, Lordosis
Fat	
	Overweight, obese
	Fat accum abdo, hips and breasts
Hair	
	Male pattern baldness
	Decreased axilla hair
	Decreased pubic hair
	Loss of body hair
Face	
	Lack of muscle tone
	Small wrinkles eye corners
	Vertical lip lines
	Dry eyes (conj sicca)
Hands	
	Small wrinkles palms
	Vertical nail lines
Chest	
	Gynaecomastia
Abdomen	
	Flabby belly
	Haemorrhoids
Thighs	
	Cellulite
Legs	
	Varicose veins
Muscles	
	Reduced muscle mass, tone and strength
Prostate	
	Prostate enlargement or atrophy or prostatitis
	Pale, dry glans penis, loos prepuce
Penis	
	Small flaccid, atrophied - Peyronies
Testes	
	Atrophied < 46 x 26mm

Behaviour	
	Nervous
	Irritable
	Hesitant
Mind and Memory	
	Poor concentration
	Poor memory
	Depressed attiitude
	Higher anxious tone
	Messy look, depressive

Dr Bill Reeder
Biomedicine 2009