

# Koshland Pharm

## Custom Compounding Pharmacy

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## Checklist for Symptoms of Hormone Imbalance in Men

The following checklist can be used to help you and your healthcare provider determine specific symptoms of hormone imbalance.

### Category 1: Basic Hormone Imbalance

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Burned out feeling     | <input type="checkbox"/> Decreased stamina    | <input type="checkbox"/> Apathy                     |
| <input type="checkbox"/> Irritable              | <input type="checkbox"/> Weight gain in waist | <input type="checkbox"/> Decreased muscle mass      |
| <input type="checkbox"/> Insomnia               | <input type="checkbox"/> Prostate problems    | <input type="checkbox"/> Night sweats               |
| <input type="checkbox"/> Decreased urine flow   | <input type="checkbox"/> Infertility problems | <input type="checkbox"/> Decreased mental sharpness |
| <input type="checkbox"/> Hot Flashes            | <input type="checkbox"/> Sleep disturbances   |   |
| <input type="checkbox"/> Erectile dysfunction   | <input type="checkbox"/> Decreased libido     |   |
| <input type="checkbox"/> Increased urinary urge | <input type="checkbox"/> Oily Skin            |   |

### Category 2: Adrenal Hormone Imbalance

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Aches and pains        | <input type="checkbox"/> Blood sugar imbalance | <input type="checkbox"/> Prostate problems            |
| <input type="checkbox"/> Elevated triglycerides | <input type="checkbox"/> Infertility           | <input type="checkbox"/> Decreased erections          |
| <input type="checkbox"/> Morning Fatigue        | <input type="checkbox"/> Lack of motivation    | <input type="checkbox"/> Fibromyalgia                 |
| <input type="checkbox"/> Bone loss              | <input type="checkbox"/> Weight gain waist     | <input type="checkbox"/> Stress                       |
| <input type="checkbox"/> Sleep disturbances     | <input type="checkbox"/> Autoimmune illness    | <input type="checkbox"/> Evening fatigue              |
| <input type="checkbox"/> Depression             | <input type="checkbox"/> Chronic illness       | <input type="checkbox"/> Susceptibility to infections |
| <input type="checkbox"/> Anxiety                |  |   |

### Category 3: Thyroid Hormone Imbalance

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Low libido            | <input type="checkbox"/> Foggy thinking     | <input type="checkbox"/> Fatigue                  |
| <input type="checkbox"/> Depression            | <input type="checkbox"/> Infertility        | <input type="checkbox"/> Lack of motivation       |
| <input type="checkbox"/> Cold body temperature | <input type="checkbox"/> Headaches          | <input type="checkbox"/> Inability to lose weight |
| <input type="checkbox"/> Decreased erections   | <input type="checkbox"/> Sleep disturbances | <input type="checkbox"/> Elevated cholesterol     |
|  | <input type="checkbox"/> Constipation       |   |

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