

HEALTH ASSESSMENT: LOW TESTOSTERONE

Low testosterone may lead to many different symptoms, including those that affect your body, your mind and your sex life.

Psychological symptoms such as:

Y N Depression

Y N Difficulty in concentrating

Y N Being irritable

Y N Less energy

Y N Less "get up and go"

Y N Feeling a lack of well-being

Psychological symptoms such as:

Y N Smaller and weaker muscles

Y N Weaker bones

Y N More body fat, particularly around the waist

Y N Reduced body hair and skin changes

Y N Anaemia

Psychological symptoms such as:

Y **N** Erectile dysfunction (ED)

Y **N** Less interest in sex

Y **N** Difficulty having an orgasm

*** Y = Yes N = No

HOW DID YOU GO? If you experience 6 or more of these symptoms and are concerned that you may have low testosterone, schedule an appointment with your Naturopath or GP.

Ask us how... 02 9501 0326 or christine@healthinourhands.com.au.
