

You check your blood pressure.  
 You check your cholesterol.  
 You have your prostate checked.

Have you checked your hormones and neurotransmitters lately?



Optimal neuroendocrine balance may help you:

- Gain muscle mass**
- Prevent cardiovascular disease**
- Gain muscle strength**
- Maintain healthy libido**
- Feel more energetic**
- Lose weight**
- Maintain prostate health**

Ask your healthcare provider  
 for your Labrix test kit today!

## Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return to your healthcare provider to start the conversation about your hormone health! 0 = none, 3 = severe

| Symptom                  | 0 | 1 | 2 | 3 |
|--------------------------|---|---|---|---|
| Infertility              |   |   |   |   |
| Erectile dysfunction     |   |   |   |   |
| Fatigue                  |   |   |   |   |
| Decreased mental ability |   |   |   |   |
| Scalp hair loss          |   |   |   |   |
| Weight gain              |   |   |   |   |
| High cholesterol         |   |   |   |   |
| Elevated triglycerides   |   |   |   |   |
| Decreased libido         |   |   |   |   |
| Decreased muscle mass    |   |   |   |   |
| Burned out feeling       |   |   |   |   |
| Increased pain           |   |   |   |   |
| Trouble urinating        |   |   |   |   |
| Prostate problems        |   |   |   |   |
| Bone loss                |   |   |   |   |

Information Provided By:

# Testosterone and More



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## Testing Considerations

In addition to cortisol, your body uses neurotransmitters, including norepinephrine and epinephrine, to manage and respond to stress. Like hormones, neurotransmitters are chemical messengers made and used in the body that help to regulate mood, cognition, stress and more. When neurotransmitters are imbalanced, stress may feel heightened and symptoms such as fatigue, anxiety and irritability may be present.

Initial salivary testing and follow-up monitoring are crucial for determining the most effective hormone balancing treatment program. Salivary testing is advantageous over other testing mediums because it allows you to assess your bioavailable hormone levels – what is actually available for use by the body. Neurotransmitter imbalances are easily identified with a simple and accurate urine test. Your healthcare provider can order this noninvasive test from Labrix.



Because of the complexity of the neuroendocrine system, issues that arise rarely stem from just one hormone or neurotransmitter. If there is a disruption in the balance of hormones produced by one gland, it can cause other glandular systems to participate and throw off the body's entire system.

The **Comprehensive Hormone Panel** is an excellent starting place for evaluating hormone function in the body. This panel measures both reproductive (sex) and adrenal hormones. The Comprehensive Panel will assess testosterone, estradiol, progesterone, DHEA and cortisol at four points during the day.

The **NeuroHormone Complete Panel** takes your health assessment one step further by including an analysis of your neurotransmitter levels. In addition to the hormones included in the Comprehensive Panel, the Neurohormone Complete Panel includes the following neurotransmitters: serotonin, GABA, dopamine, norepinephrine, epinephrine and glutamate.

## Symptom Information

**Testosterone** plays a critical role in maintaining both physical and mental health. From its peak in the late teens and early 20's, the production of testosterone begins to taper at approximately age 30. This physiologic decrease is commonly known as andropause and can cause changes in sexual function, mood, energy level and body composition, but may also have significant impact on cardiovascular risk as men with low and low range testosterone levels are at a greater risk for metabolic and cardiovascular disease.

In addition to age-related decline, poor diet, lack of exercise, stress and other lifestyle factors can have a significant effect on testosterone levels. Some of the symptoms associated with decreased testosterone production in the male body are:

- Decreased erectile function**
- Decreased mental ability**
- Insulin resistance / metabolic syndrome**
- Loss of muscle strength**
- Loss of muscle mass**
- Fatigue**
- Weight gain**
- Trouble urinating**
- Prostate problems**
- Bone loss**

## Hormone Management

While testosterone is thought of as “the” male hormone, it is also important to maintain appropriate levels of estrogen, progesterone, DHEA and cortisol. Increased estrogen levels may contribute to prostate problems and weight gain, and if the adrenal hormones (cortisol and DHEA) are out of balance, men may also experience problems with fatigue, immune dysregulation and may develop blood sugar irregularities. As testicular production of sex hormones wanes with age, adrenal hormone balance plays a central role in sustaining optimal hormonal health.

