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Your labs indicate that you have a Relative Androgen Excess

This is when Male hormones (Testosterone and DHEA-S) are high in relationship to your female hormones, which are normal or low. This occurs in approximately one in ten women. This can create ongoing symptoms that are manageable.

These symptoms can include some or all of these:

- ❖ Restless sleep
- ❖ Excessive sweating
- ❖ Acne
- ❖ Irritability
- ❖ PMS
- ❖ Extra hair on your body or face
- ❖ Hair loss on top of your head

If you are before Menopause, you can also have:

- ❖ Irregular periods
- ❖ Missing periods
- ❖ Significant cramps with your period.

It does not mean you will have these, only that it is more likely. Often Birth Control Pills have been given to women to control these symptoms.

If you are past Menopause:

- ❖ Sweating
- ❖ Acne
- ❖ Facial hair
- ❖ Restless sleep
- ❖ Irritability

These symptoms can be occurring for the first time, or if you had those symptoms before they can now get worse as there is no longer the buffering effects of the female hormones to counterbalance the effects of the testosterone.

This hormonal pattern is genetically determined. The symptoms are manageable, both with medications, and with lifestyle habits. The goal is to manage them well so you can have good sleep, good energy, good mood, as well as to decrease your menstrual and menopausal symptoms. When you have this hormonal pattern, you are at more risk for Pre-Diabetes/Diabetes/Insulin Resistance, and we often will recommend testing for that.

This is the same hormonal pattern of PCOS (Polycystic Ovary Syndrome, i.e., Stein Leventhal Syndrome) Expression of this genetic pattern varies from woman to woman. Some women will have irregular cycles and will gain weight, other will not. Only one third of women will have cysts on their ovaries. More is being discovered every year on the genetics behind these variations.

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