



Coastal Medical Clinic



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Surfside Beach, SC



Allen Smolenski, MD

Men Have Hormone Imbalances Too

Unlike women who see their imbalances quickly because of their monthly hormonal changes, men's imbalances build up slowly. When they occur, men think that the changes in their body are "Natural."



What is not "Natural" are all of the hormones that are in our foods, the late hours that we keep, the amount of stress that we are under and the

amount of coffee, sugar and wheat that we consume. All of these cause hormone imbalances.

Men are reaching their peak fertility years with the lowest sperm counts of all of the world's history. Is it any wonder that when they reach 40 the sexual system's weakness passes the critical mark?

"Andropause," the abnormal hormone levels that develop in men is best diagnosed with a thorough history and medical exam and by using laboratory tests that are very sensitive and specific for evaluating your individual hormones.

Dr. Allen Smolenski, a member of the American Academy of Anti-Aging Medicine can put together a profile and treatment program just for you to restore hormone balance using Exercise, Nutrition and Bio-Identical Hormones using the latest in medical research.

Call (843) 477-1602 For An Appointment

Signs of Low Testosterone, or Androgen Deficiency in Men

- Do you have a decrease in libido (sex drive)?
- Do you lack energy?
- Is your strength or endurance decreased?
- Have you lost height?
- Have you noticed decreased "enjoyment of life"?
- Are you sad or grumpy?
- Are your erections less strong?
- Have you noticed a recent deterioration in your ability to play sports?
- Do you fall asleep after dinner?
- Has there been a deterioration in your work performance?