

- Age: 22
- Height: 6'
- Weight: 215
- BF %: 17% doesn't seem like much but I do carry a lot of weight on my waste and stomach
- Body and Facial hair: don't have much body hair, hair on legs and arms is light colored and thin and im a brunette, and hair on scrotum is very scraggly and thin
- Body fat: I developed love handles around age 15 although I was very thin, now I got a puffy chest and a layer on my lower stomach
- Rx and OTC drugs: other than antibiotics all throughout high school because of sickness I didn't really take anything else until around 18 when I had to take blood pressure meds for about 6months
- Diet: around jr high I had a basic teenager diet, junk food and fast food with a lot of pop. I never really started eating healthier until around 16 but it was basically football related and nowhere near perfect nutrition. From 19 on my diets been generally healthy, consisting of lean meats with some veggies, zero fast foods and no liquids other than water and tea.
- Training: have always been an active weight lifter and athletically active, played sports my entire life and I still play a few hours of basketball 4-5 days a week. For the last few years ive lifted every body part twice a week with moderate super setting, its given me the best results as far as keeping the weight off
- Growth during teens: I was way ahead of everyone my age as far as maturity and growth, 6' between 6<sup>th</sup> and 7<sup>th</sup> grade, as an 8<sup>th</sup> grader I was 6' 175lbs and in track I was competing with the high school records(was a bit of a sports prodigy). Once I got in to high school though I went down into the 160s for 9<sup>th</sup> and 10<sup>th</sup> grade, I got really skinny and lost a lot of running speed. All throughout high school I worked my ass off in the weight room but never gained any muscle at all while all my teammates were blowing up
- Symptoms:: in this im just comparing my symptoms to the ones listed in the sticky, if I list it im experiencing it..
- high blood pressure
- Lethargic
- Definite social withdrawel
- Soft chest
- Testicle Aching, my left testicle has shrank a lot, and it aches at least once a day
- Carry fat on my mid section, but surprisingly I cant get my gluts to grow at all, ive lost a lot of my ass
- Very moody and short fused
- I can barely get it up, more flaccid than anything, and when I do its not nearly as sensitive as it used to be
- Uptight scrotum all the time
- Barely any sexual drive
- My hands and feet get cold easily, but I usually get really hot easily and feel dehydrated(I drink about 2 gallons of water a day)
- Very dry skin and rigid fingernails, I have to wash my hair with psoriasis shampoo to keep the flaking down, and I get red flaky patches on my eyebrows and sideburns
- Cant handle stress at all its physically taxing on me
- Zero confidence and no motivation
- I hold water weight bad below my calves, sometimes it hurts to the touch after playing basketball or standing all day at work
- I also just so happen to be the smallest male on both sides of my family, I have a 15yr old male cousin whos taller and heavier than me.. dad is 6'2 and his dad was 6'7, all other males on both sides are between that range.. if this has any relevance.

Lab work: this was taken 2/21/2011 to prep for my endo visit, where I was laughed at by the doc and told

that I was completely fine. I have ranges for most things but oddly some things don't have the ranges listed

\*BLOOD TAKEN AT 9AM\*

| Component       | Ref Range  | Results |
|-----------------|------------|---------|
| WBC             | 3.4-11.3   | 8.9     |
| RBC             | 4.32-5.64  | 4.58    |
| HGB             | 13.0-16.7  | 14.0    |
| HCT             | 38.5-49.3  | 41.5    |
| MCV             | 82.3-94.1  | 90.8    |
| MCH             | 27.0-31.1  | 30.7    |
| MCHC            | 32.6-34.9  | 33.8    |
| RDW             | 11.5-14.5  | 12.7    |
| MPV             | 6.9-9.9    | 8.4     |
| PLATELET CNT    | 146-374    | 249     |
| NEUTROPHILS     | 48.8-75.9% | 72.8    |
| LYMPHOCYTES     | 16.3-43.9% | 14.9    |
| MONOCYTES       | 2.1-13.3%  | 10.0    |
| EOSINOPHILS     | .3-5.0%    | 1.9     |
| BASOPHILS       | 0.0-1.1%   | 0.4     |
| NEUTROPHILS ABS | 1.6-8.5    | 6.5     |
| LYMPHOCYTES ABS | 0.6-4.9    | 1.3     |
| MONOCYTES ABS   | 0.0-1.4    | 0.9     |
| EOSINOPHILS ABS | 0.0-0.5    | 0.2     |
| BASOPHILS ABS   | 0.0-0.1    | 0.0     |
| SODIUM          | 135-145    | 138     |
| POTASSIUM       | 3.6-5.0    | 3.9     |
| CHLORIDE        | 101-111    | 104     |
| CO2             | 21-31      | 27      |
| GLUCOSE         | 70-110     | 78      |
| CALCIUM         | 8.5-10.5   | 9.3     |
| PROTEIN TOTAL   | 6.7-8.2    | 7.1     |
| T BILIRUBIN     | 0.2-1.0    | 0.7     |
| CREATINE        | 0.6-1.2    | 1.1     |
| ALP             | 42-121     | 63      |
| AST             | 10-42      | 64      |
| ALT             | 10-60      | 44      |
| BUN             | 6-20       | 19      |
| ALBUMIN         | 3.2-5.0    | 4.3     |
| A/G RATIO       |            | 1.5     |
| CHOLESTEROL     | 10-200     | 178     |
| TRIGLYCERIDE    | 46-236     | 60      |
| HDL             | 27.0-67.0  | 35      |
| VLDL            |            | 12      |
| LDL             |            | 131     |
| CREATINE URINE  |            | 300     |
| T TESTOSTERONE  | 220-800    | 253     |
| T4              | 6.1-12.2   | 6.6     |

|               |            |                             |
|---------------|------------|-----------------------------|
| T3            | 32.4-48.4% | 37.8                        |
| Tsh           | 0.30-5.6   | 2.85                        |
| CORTISOL      |            | 8.9(UP FROM 1.0 1YR AGO)    |
| ESTIMATED GFR |            | 84                          |
| FSH           | 1.6-11.0   | 2.29                        |
| LH            | 1.7-8.6    | 2.76                        |
| PROLACTIN     | 0.47-18.0  | 10.82(DOWN FROM 15 1YR AGO) |

I don't know why but she tested my DHEA but its level wasn't on the lab work.

Ive had an MRI of my pituitary and ultrasound of my testicles and adrenals which all came back good according to my doc. The scans of my thyroid however showed 3 very small cysts on them. Thyroid conditions and heart conditions run on both sides of my family.