

Health and quality of life information:

Age: **46**

Height: **5' 11"**

Weight: **192 lbs**

Waist size: **35" where I wear my pants; 37" at my belly button**

Neck size: **16"**

Have you lost weight in the past 6 months? If yes, how many pounds? **No**

Have you gained weight in past 6 months? If yes, how many pounds? **14 lbs**

Has your body tone changed in the past 6 months (harder, softer)? **yes**

When was your last complete physical examination? **January 2014**

What were the results of that exam? **As far as the Doctor was concerned I was in great health but as for blood results I had all indications of Metabolic Syndrome; borderline High Blood pressure, hi triglycerides, hi LDL, low HDL, hi fasting glucose. Started monitoring daily glucose and it was all over the place, highs and lows.**

(FOR OVER 40) Did you have your prostate examined by digital rectal exam? **No**

(FOR OVER 40) Did you have your PSA checked? **Yes**

If so, what was it? **0.4**

Are you taking testosterone now? **No**

If answer to above question is NO, have you taken testosterone in the past? How long and when did you last stop? **No**

Do you urinate alright? **Yes**

How many times do you get up at night to urinate ? **None (0)**

Does it hurt when you urinate? **No**

Is there any blood in your urine? **No**

Have you had prostatitis (prostate/urinary infections) in the past? **No**

Describe any acne history: **I had server acne from about age 14/15 until age 18; took Accutane and Retin A for it, occasionally will get it now on back/ shoulders and chest.**

Do you have cold intolerance? **Yes; but in March 2014 I started taking cold showers after working out to reduce the cold intolerance and it seemed to work.**

Do you bruise easily? **somtimes**

**Do you have:**

Depression **No**

Anxiety **sometimes**

Decreased sexual potency (erection quality). If so, is this causing stress in your relationship? **Erections are not as strong any more.**

Decreased sex drive **No sex drive; had not had sex in over 3 years.**

Sleep disturbances **occasionally**

Generalized muscle and pain **only from work outs**

Joint pain **yes; elbows, hips, AC joint**

Fatigue **yes**

Lethargy **no**

Sensitive or swollen nipples? **no**

Did you have swollen or painful nipples BEFORE you ever used steroids (for men who have used anabolics AAS)? **Never used**

Can you feel any lumps around your nipples? **no**

Are you losing your hair? **Leg hairs are thinner; but I have never been hairy.**

Have you ever taken Propecia or Proscar (finasteride) for hair loss or prostate inflammation? **No**

Were you losing it before you started using steroids (AAS only)? If so, is it falling out more quickly now? **N/A**

**Have you had:**

Loss of appetite **No**

Unexplained weight loss or weight gain ? which ? **Yes, Gain**

Do you consider yourself to be in good health? **Yes**

Do you sleep well? **Most of the time**

Average hours of sleep per night: **7 – 8 hours**

Do you regularly self examine your testicles? **yes**

Tell us about your diet (The more details, the better) **current; I try not eat bread, processed meats, or very much fried food, I eat meat, fish (when I can), vegetables. From March 2014 – July 2014 I started on a ketosis diet and limited my carbs to no more than 50 grams, used lots of coconut oil, olive oil and natural butter but since July 2014 I have introduced carbs back in my diet but still try to limit the amount of sugars I take in.**

Do you exercise? If yes, what type and how frequently? **Yes, weight lifting, M - F**

Do you feel that you procrastinate a lot and do not have enough mental focus to finish projects? **More lately than ever**

Are you experiencing a lot of stress lately? For how long and why? **Some**

## MEDICATIONS

Do you take any prescription medications or medications bought on the internet or black market? **No prescription or Black Market...**

If so, please list, and give dosages: **OTC; Loratadine 10mg for allergies**

What supplements do you take (vitamins, minerals, nutraceuticals, etc.)? List all (with amounts or dosages) each day. **Currently DHEA 25mg, Vit D 5000 IU; whey Protein 60 grams**

**March – July 2014 DHEA 100mg, Tribulus Terrestris 2000mg, ZMA, Fish Oil 1500mg, Coconut oil tabs 1000mg, DIM 100mg, Whey Protein 120 grams, BCAA 36 grams, Vit D 5000 IU,**

## QUESTIONS FOR STEROID USERS ONLY

How many times have you been on a steroid cycle (if any)? **NA**

How long ago was your first steroid cycle (if any)? **NA**

How long was your break before starting this cycle? **NA**

Describe your past usage, if any, of hCG, Nolvadex, Clomid, Arimidex or finasteride: **NA**

Have you ever had any problems (side effects) with any of the medications mentioned in the

last question If so, please describe: **NA**

Do you plan on having children? **Not any more**

## **SLEEP**

Have you ever been diagnosed with sleep apnea via a sleep study? If yes, do you use a CPAP machine? **Yes in 2010, yes from 2010 to March 2012; in March 2012 I made major life changes and started exercising reduce my weight from 230 lbs @ 36% body fat to March 2014 190 lbs @ 18% body fat, I was able to get off of statins, BP med, and not have to use CPAC anymore.**

Do you take frequent naps? **No**