

TRT RESULTS

LABS:	Ranges/Ideal	7/19/22	4/11/22	2-24-22 trough	2.2.22- Trough	12.8.21- t	11.24.21 t	10.26.21	9.17.21	
TT lcms	800-1000 max	804	551 NG/ML		632	598	649	1066	492	1046
FT [dialysis]	150-200, should be 2% of TT to check if right function	152	127.8 PG/ML		131	95.7	105.8	177	105	235.4
E2 sens	20-35 avg. 15 too low 40+ too high	29		27	26sen— 36reg	19 vs [E2 reg 28 to compare]	14	Na.	8	45
FREE E2 calc or lab	Unknown - 0.6-0.8?, <0.5	0.73 calc hrtcafe	0.77 calc		0.71 calc	0.49-c	0.39 c	na.	0.21 lab	1.21 lab
DHT	1/10 of TT [12-65ng dl]	53		33	NA		51	51	186	58
SHBG	20s =low norm. Match e2 to shbg?	37		22		27	34	24	24	28
PROGESTERONE	?	<0.1		0.2		0.1		<0.1		
PREGNENOLONE	22-237	55								
CORTISOL AM	7-9am: 4.0-22	10.1								
PROLACTIN	2-18 NG/ML	6.4								
IGF1	52-328 ng/ml	152								
DHEA S	93-454 mcg/dl			72				134		
HCT	<50			46						46
PSA	No incr, <0.4 I think	0.4		0.33						0.30
LH	1.5-9.3miu/ml	7.5								
FSH	1.6-8.0 miu/ml	5.9				2.7				
LIPIDS		note* 5/22 lipids very messed up on TRT, on enclon much better.								
				See paper	See paper -	11/28 — 12/15	10/7 — 11/28		8/11 — 10/6	
RX REGIMEN	SEE PAPER FOR DETAILS (opt+return = next line)	Enclomiphene 12.5mg MWF Anastrozole - 0.1mg MWF	— TE 12 — HCG 250 MWF — ANA 0.1MG LESS THAN QW - SEE PAPER — PREG 200-400MG QD EXCEPT 4/28-4/6 — Accidentally been using cabergoline 0.5mg thinking its ambien — approx 1-2x a week? — Saya wanted me to continue anyways — Im not sure about that. No prolactin levels.	From 2/7 — now — TE12 qd — ANA: 1/28 thru 4/11 2/3: 0.125 2/18: 0.0625 [1/8 x 0.5mg] 2/24: 0.125 3/7: 0/125 3/19: 0.25 [1/2 x 0.5mg] 3/23: 0.125 3/30: 0.125 — Preg 200-400 qam — HCG: 250 mwf* — T Cr at 6.25mg/click: Cream: 1/20->2/3: Zero benef. In mood or lib. Prob more angry. BUT tried before started PREG. Tried 4/1-4/6. Head itched and started having anx/hair. But also not sleeping well. Couple +MW days and pm jerk but low lib. Not long enough on to know. Stay off till labs. Check DHT.	— TE 10-12 qd — NO ANA X6 D— prior to that was on ana .125 MWF or MTh dont recall — H/F - 250/100. mwf — Tried 6.25mg cream but got that same riled up.	— TE 12 qd — Ana 0.125 mwf — HCG FSH 250/100 mwf — TRIED 8d cream 12..5 - stopped. Riled up, crash.	— TE 12QD — TCR 12.5 QD — HCG 250-350 MWF — ANA .125 MWF — FSH 75 MWF	— TE12 — ANA 0.125 MWF — HCG 250-350 — FSH 75 MWF	— TE 34-36 MWF — HCG 500 MWF — ana 0.125 mwf	
				1/17 thru 4/11 [labs planned]/now						
SUBJECTIVE	SEE PAPER FOR DETAILS	- Sexual functioning better, almost regular MW, decent arousal and interest. - BETTER, more normal sexually than on TRT - Muscle mass and weight seems to have dropped or is harder to put on and keep despite good numbers — why? - Initially rather low energy and mood coming off trt and starting enclon-fatigue, depression, anhedonia. - Depression somewhat still present - Unclear if Enclon having a part or if related to life issues/dad cancer dx, break up etc - Role for PREGNENOLONE? - Changes/plan? Recheck when?	RANDOM 3-5d here and there with normal erection and decent lib then next day will "crash" or not have MW and usually accompanied buy cold and tight penis and or scrotum. Felt emotional 5/3: day I had norm lib/erect then I would tear up at TV and so I took 0.1mg ana — Want to quit and go on enclon bcs its not like Im doing well enough to justify. SAYA 5/1 appt: Try cabergoline - cont same rx, use cream 1-2x a week. Use ANA as needed. Basically still NOT dialed in And Im fucking tired of it. *** Yes sleep has big to do with it but I can't get great sleep consistently. ***working on it. Holding off porn too might have something to do with it? Held HCG for a week and felt shitty — maybe thats why lower TT ? OR maybe HCG is the confounder? IDK man its all too much guessing and bullshit. 5/18: Making appt with saya to discuss frustration— labs before quit or what ? I also have been consistent with my T12 but the ancillaries like hcg and ana, preg, tyrosine, sleep pills [cyproheptadine] are kinda fluxed — can that contrib? Essentially too many changes, too many variables, not enough sense of CONSISTENT STABLE IMPROVEMENT. Longest normal stretch was 3 wk or so in over a year. Fuck this.	FROM 2/7 TO 3/8 BASICALLY had best period so far but there were confounders: - had been on vacation 1/17—2/21 - 1/21-30 GHC: Felt like shit Ghc, no lib no mw, angry, depressive - Stopped ana 1/28. Contd hcf/fsh/te. - Cali 2/10-2/17: more chill, loved life, fam, had jerk and lib ok mw. - *Had missed hcg 1x in cali and 1-2x on return bcs lost. Then got back warm on 2/21 approx. New hcg 3/11. - Had started preg 200-400 on 2/7 and MW and lib improved almost same/next day — real or nocebo? — until 3/8 to now [4/9+] when same sx began again: — no mw, low lib, depressed a bit, cold dick, but also working again and sleeping poorly. - - — Q — - - Basically same try protocol as Ive been on, same tweaks in meds, intermittent, high e2, low e2, etc — ONLY THING truly diff was start holding ana 1/28 and taking qw or less. And STARTED pregnenolone and being on vacay — make huge diff for a month. Then faded. WHY. Frustrated. - ===== - - Why neg changes 3/8 ? — e2, progest? hcg? life? Need more T? Diff T? - Anything to do with hcg, old weak, missed 2-4 doses even with weak stuff, then restarted 3/11 with new vial bcs I had already started feeling shitty. - What test and what do? - FSH have anything to do with mw and lib and mood? - Rx changes -see lab- see Saya 4/28 — progest sc? More freq labs? Change ana, hcg, te schedule? - What do in future when things worsen? How long to hold same protocol regardless? When to take labs, call u and change?	Half/half - aoron 1/27. Then the next weekend I started preg and it made a positive , maybe temporary diff. Thinking ALLO and GABA is a factor irather than solely E2 being issue. — HAD daily mw and libido and mood better and even on 2/14 with low lib tired etc poor sleep could still looka t porn and gt a good boner— just less hungry for it, less NEED PROGEST was undetectable previously. So how can I be making any ALLO? IF no allo no wonder I'm feeling dry and tight and anxious and quicker to feel flooded and overwhelmed and angry tired etc. The cold penis and scrotum and sort of tightness int he area - might mean something that can be measured. - or just another bit of random shit?	Unclear - got bcs missed e2 on 11/24 - on and off, look at paper — inconsistent — a few days good then kind of a crash - cold dick, low lib etc, then a few days ok — NO CLUE WHAT CAUSES THE FLUX IN FUNCTION AND CRASHES Better but then had overload/overstimulation like feelings — ? From creams, no pregnenolone/allopreg?	Tested too soon after change — see later what 12 gets me at trough 600s sorta, Still, felt WAAAY better than last, when e2 and all values were fucked. — I dont remember great libido but at least didn't feel like shit -	Total shit- see apple notes - NC trip eg HAD SAYA CONSULT CHANGED REGIMEN then I tested too soon I think		
PLAN/CHANGES?	SEE PAPER FOR DETAILS				Check labs 4/11: - TT LCMS - FT, - E2 sens and reg [impatient] - SHBG, - DHT, - Progest, - am cortisol, - DHEA [not s], - PSA, - CBC	Started pregnenoloci 200mg 2.8 - basically MW and lib plus mood better daily but on 2/14 no mw, no need to jerk and cold penis and sadder and felt more borderline ago been only taking 100 prog last 3d tho— but also shit sleep- will keep taking. Too 200 and felt lighter, will update paper Got appt with saya too 3/1 — discuss PROGEST, not just E2. Hard to tolerate cream- DHT? Need buffer with Preg/PROG/ ALLO? COLD penis and scrotum stuff? — helpful sign- E2 high? low? other? What affect NO2? Prog, e2?				
						Q - see tiktik				

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