

Hormone Check – Men

SHBG (Sex Hormone-Binding Globulin)

Description: A protein that binds to testosterone, controlling how much is available for the body to use.

Why it's important: SHBG helps determine the amount of active (free) testosterone available to the body's tissues. Measuring SHBG along with total and free testosterone provides a more complete assessment of hormone balance and can help identify the cause of symptoms even when total testosterone levels appear normal.

DHEA Sulfate (DHEA-S)

Description: A hormone produced primarily by the adrenal glands that serves as a building block for testosterone and other sex hormones.

Why it's important: DHEA-S helps evaluate adrenal function and the body's ability to produce hormones. Abnormal levels may contribute to fatigue, low libido, decreased muscle mass, reduced energy, mood changes, or hormonal imbalances.

Total Testosterone

Description: Measures the total amount of testosterone in the bloodstream, including both bound and unbound hormone.

Why it's important: Testosterone is the primary male sex hormone and is essential for maintaining energy, muscle mass, bone strength, libido, mood, and overall vitality. Measuring total testosterone helps evaluate symptoms such as fatigue, reduced sex drive, erectile dysfunction, decreased muscle strength, and age-related hormone decline.

Free Testosterone

Description: Measures the small amount of testosterone that is not bound to proteins and is available for the body to use.

Why it's important: Free testosterone represents the biologically active form of testosterone and often provides a better indication of hormone status than total testosterone alone. It is especially useful for evaluating symptoms such as low energy, decreased libido, reduced muscle strength, difficulty building muscle, and changes in mood or cognitive function.

Omegas

Description: Omega-3 and Omega-6 Fatty Acids Test measures essential fatty acids, including EPA, DHA, and arachidonic acid, to assess balance between omega-3 and omega-6 in the blood.

Why they're important:

Healthy fatty acid levels can support:

- Testosterone production
- Sperm count and motility
- Erectile function (through improved blood vessel health)
- Reduced inflammation, which helps protect hormone-producing cells
- Better brain health and mood, both influenced by testosterone and omega-3 status

These markers don't directly measure hormone levels, but they provide insight into the nutritional and inflammatory environment that supports healthy hormone function.

These fatty acids play an important role in men's hormone health because they influence hormone production, inflammation, cell membrane function, and cardiovascular health. Here's how each relates:

- **Arachidonic Acid (AA):** Needed for normal testosterone production, but excessive levels may increase inflammation.
- **Arachidonic Acid/EPA Ratio:** Indicates the balance between inflammation and anti-inflammation. A lower ratio is generally associated with better hormonal and metabolic health.
- **DHA:** Supports sperm quality, brain function, and healthy cell membranes, which are important for hormone signaling.

- **DPA:** Helps support circulation and may improve delivery of nutrients and hormones throughout the body.
- **EPA:** Reduces chronic inflammation, which can negatively affect testosterone production and overall hormone balance.
- **EPA + DPA + DHA:** Reflects overall long-chain omega-3 status. Higher levels are associated with better cardiovascular health, lower inflammation, and may support healthy testosterone function.
- **Linoleic Acid:** An essential omega-6 fat needed for normal hormone production, but excessive intake relative to omega-3s may promote inflammation.
- **Omega-3 Total:** Higher levels are generally associated with better hormone signaling, fertility, and reduced inflammation.
- **Omega-6 Total:** Necessary for hormone production and cell function, but excessively high levels compared with omega-3s may contribute to inflammation.
- **Omega-6/Omega-3 Ratio:** One of the best indicators of inflammatory balance. A lower ratio is generally associated with better heart health, metabolic



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