



# MALE STRESS

Chronic stress causes a sustained rise in cortisol levels, which inhibits the release of luteinizing hormone (LH) in the brain and directly impairs testosterone production by the testes. Furthermore, overactivation of the sympathetic nervous system and a lifestyle characterized by constant pressure accelerate fatigue, promote the loss of lean body mass, and disrupt the male hormonal axis (associated with Androgen Deficiency in the Aging Male, or ADAM).

## COMMON SYMPTOMS

- Decreased libido, loss of motivation, and changes in erectile function
- Persistent fatigue, asthenia, and inability to recover from physical exertion
- Irritability, anxiety, depressed mood, and sleep problems
- Loss of muscle strength and a tendency toward abdominal fat accumulation

**PROTECTING YOUR  
TESTOSTERONE LEVELS FROM  
THE IMPACT OF CORTISOL.**

