You are fatigued, losing muscle mass, tone, and strength even though you have been exercising

You have increased body fat, especially in the abdominal region, with low response to diet and exercise

You, or others, have noticed a decreased enjoyment in life, depressed mood, increased irritability and/or decreased control of your anger

Your desire for sex has diminished or your erections are less strong than they used to be

You are experiencing partial or complete lack of response to treatments for anxiety and/or depression

You are experiencing reduced levels of energy, drive and ambition that is impacting your work performance

You are experiencing sleep disturbances, increased fatigue, decreased memory, concentration and attentiveness

You are dissatisfied with your level of confidence and assertiveness in social, occupational, athletic and romantic interactions