

## TRT Summary 10-29-18

When I started TRT at 200mg E2W I had issues (side effects) the first week with anxiety, anxiousness, irritability and anger. Then usually felt better the 2<sup>nd</sup> week. Then switched to 100mg per week and it seemed to help with the symptoms after shot but it still wasn't good enough, same symptoms kept following me. Then at 50mg twice per week the bad symptoms (side effects) anxiety/irritability waves got much better but still no significant improvement with mood. Still have blah days and moments. Still experiencing some mid day drops of anxiety (like prior to TRT). These mid-day emotional drops have been plaguing me for at least 2 years. Not sure if anti-depressant is pooping out or T levels (free T also) is to low still? Also feel puffy hands, ankles, flush face, and bloated and gaining weight again. Sleep is not as good. Waking up at 6am to urinate and have anxiety so it's hard to go back to sleep. Seemed to have better sleep at higher initial doses. Not as good lately. Usually wake not refreshed. Don't get that happy serotonin feeling as much as I use to. It feels like something is building up inside of me. I'm more flat and consistent, consistency is great but not in a good way with this lower mood. Maybe to much E2 or Too much T? Or not enough T? I notice that I feel better before my next shot many times.

Improvements that I have seen at times (not always consistent):

Libido is better usually. I went through a period a few weeks ago when it was off the chart high. Way too high. Addictive mode. Then it has tapered down to a more normal level.

Energy has been a lot better more consistently. Brain fog is a little better lately. Strength and muscle growth is better.

Mood at times is awesome like it was 3 years ago. But it is fleeting then accompanied by anxiety or anxiousness. I wish it could stay longer and more consistent. Not much improvement over pre TRT moods. It will occasionally be fantastic then gone with the wind...I used to always be full of Joy and appreciation with a very charismatic personality. I really miss my old self. I notice that between 12 and 3pm I usually feel pretty good then I usually struggle from 4 to 6pm and then usually a little better in the late evening. Gabapentin usually helps late pm mood. I use to take 50mg of Zoloft with one 400mg Gabapentin in the morning about 11am and feel awesome all day for 15 years.