

Low cortisol and low testosterone

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- *From:* "NoReply" <nospamplease@xxxxxxxxxxxxxxxxxx>
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I hope someone reading this will be able to help me decipher what is going on. I've been to a number of endos and DOs.

I'm 32 years old, used to be in excellent shape but I overtrained last year with weight lifting. It has been a full 12 months and I still cannot exercise.

Was diagnosed with hashimoto's thyroiditis in 2002 and I am on 1 grain of armour, this keeps my FT3 right at the top range.

I've had low testosterone for at least two years. Free T is 20% below the low range.

My urine and saliva cortisol tests showed very low cortisol. In fact my DO wanted me to take 15mg of cortisone daily, but I don't want to become dependant on that, so I haven't tried it yet, still thinking about it.

I have *severe* exercise intolerance plus most of my muscle has been lost (30 lb lost starting from 7% body fat!!) and I have fat accumulating around my waist now.

#1: When I take testosterone, this causes my DHEA to sky rocket, up to 4000% above the normal reference range. It goes back down to normal when I stop taking it.

#2: When I take testosterone cream (I can't stand shots), my cortisol also goes very high out of the normal range and my estradiol goes way out of range. They go back to normal when I stop it.

#3: The more armour and testosterone I take, the more I feel drained, with brain fog and tiredness. I guess the T3 and testosterone cause my adrenals to work harder?

#4: I feel like I'm running on adrenaline when I'm taking testosterone. I get very anxious and startled easily.

Question #1: Should I take the 15mg of cortisone? Will I become dependant on

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it? I never had an ACTH stim test. He said the urine and saliva tests were accurate enough.

Question #2: Should I just leave my low testosterone alone, or would my adrenals be OK if I used the testosterone and arimidex that he prescribed?

He told me that if I felt better a week after taking cortef, I should try adding the testosterone back but I wonder if this will just put more stress on my adrenals. I certainly don't want to be stuck on cortef for the rest of my life.

Its just that when I am taking testosterone (small amounts, under doctor care), I am very wired up and have anxiety so bad that I've been to the ER twice with a pounding pulse in my neck and severe panic attack. This doesn't happen when I'm not on testosterone.

Thanks in advance for any clues.

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