



# Testosterone In Women

Testosterone is a natural "steroid" hormone that is made from cholesterol. In women it's made in the ovaries and small amounts from the adrenal glands. Its makes about one-tenth the amount that an adult male body makes. The cause of Polycystic Ovary Syndrome (PCOS) is high amounts of testosterone in women.

## Testosterone may increase:

- Physical and mental energy
- Muscle mass
- Risk taking
- Sense of well-being
- Bone density
- Fat loss
- Sexual interest and function
- Acne or oily skin
- Memory and spatial ability

## High levels of testosterone can cause:

- Hirsutism, which is excess facial and body hair
- High blood pressure and high cholesterol
- Personality changes
- Acne, oily skin, increased perspiration and deepened voice
- Missed or stopped periods
- Increase sexual interest
- Liver disease
- Blood sugar problems
- Virilization and Masculinization

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*Dr B*

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