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DHEA

(Dehydroepiandrosterone)

DHEA is one of the major hormones of the body. It can be viewed as a precursor for the other hormones in the body. Deficiencies can lead to depression, decreased physical performance, and problems with memory. Treatment with DHEA can improve memory, increase physical performance, increased energy levels and decreased fatigue. It possibly can lead to decreased insulin resistance in diabetes and decreased cardiovascular disease and death. One study in fact demonstrated that lifespan was lower in people with low levels of DHEA.

DHEA treatment results in an increase in the other hormones due to its ability to be converted into these hormones. Therefore, side effects of having higher levels of these hormones could occur. Although, most people with deficiency in DHEA also have low levels of the other hormones. So, this almost never happens, especially if hormone levels are monitored. In addition, the human body is very complicated and does not always respond in the usual manner and unexpected other side effects might occur.
