

### Common Manifestations of HPRL

***In women:***

- Amenorrhea (the absence of menstruation for at least three cycles)
- Oligomenorrhea (infrequent menstrual cycles occurring at intervals >35 days)

***In men:***

- Anemia
- Decreased muscle mass
- Erectile dysfunction
- Gynecomastia
- Impaired spermatogenesis
- Low energy levels

***In both sexes:***

- Decreased libido
- Galactorrhea (milky nipple discharge): mainly in pre-menopausal females
- Infertility
- Low bone mineral density

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with **Niki Karavitaki, MD**

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