



Testosterone Replacement Therapy FAQs

How Can I Tell if I Have Low Testosterone?

If you have some of the symptoms associated with low testosterone a simple blood test can determine whether you have low testosterone and could benefit from Testosterone replacement therapy.

What can I do if I have Low Testosterone?

The benefits of Testosterone replacement are often noticed within 4-6 weeks after start of treatment. Our physician will discuss the benefits and any known risks associated with treatment and determine the best Testosterone replacement option for you.

Testosterone can improve:

- Libido-Sex drive
- Energy level
- Mental focus
- Loss of belly fat
- Muscle mass
- Sleep quality
- Body hair growth
- Thickness of your bone or Bone density
- Memory and concentration
- Mood
- Decrease the risk of Heart disease and Dementia

Testosterone is the principal male sex hormone and is responsible for characteristics often associated with being a man. Testosterone loss may begin as part of the aging process at about 35 and can cause a host of symptoms generally referred as Andropause. It is more common in patients with Diabetes, Chronic Pain syndromes and patients that may have had a mild concussion in the past.



Andropause: is a gradual, progressive decline of free and total testosterone in men that occurs over a period of years resulting in physiological and psychological changes which vary from mild to severe. Symptoms can be caused by low testosterone, high estrogen or a combination of both.

Low testosterone levels are associated with rapid aging, heart disease, diabetes, arthritis, auto-immune diseases, pain, Alzheimer's disease, and Parkinson's disease.

Symptoms & Signs of declining testosterone levels may include:

- Muscular weakness, loss of lean body mass.
- Increased fat in the abdominal/chest area, weight gain.
- Decreased body hair, wrinkles, sagging skin.
- Mental and physical fatigue, lethargy.
- Decline in physical performance and endurance.
- Depression, memory loss, insomnia.
- Decreased concentration, lack of ambition, lack of motivation.
- Increased joint pain, muscle stiffness, decreased coordination.
- Decreased libido, erectile dysfunction, impotence.
- Increased blood sugar, elevated cholesterol.

The mainstay of treatment for Andropause is testosterone replacement. Several treatment options are available. Testosterone replacement can be administered in the form of a topical gel applied to the skin, sublingual lozenges, intra-muscular injection, or sub dermal pellet implants.

The **pellets** are the **most effective** form of testosterone therapy available. Testosterone replacement can prevent and reverse disease progression. For information on testing and hormone therapy contact:

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