



What Is Testosterone?

Testosterone is the primary sex hormone in males. Traditionally, testosterone is understood in its responsibility for the development of male tissues, including the prostate and testes, while secondarily, it plays a significant role in bone and muscle mass, body hair growth, and causes a deepened voice due to increased tension on the vocal cords. As you may or may not know, testosterone is responsible for much, much more.

How Does Low Testosterone Affect Men?

Testosterone deficiency increases the risk for heart attack, stroke, cognitive dysfunction, sarcopenia (muscle wasting), obesity, anemia, fatigue, depression, inflammation, cancer, diabetes, metabolic syndrome, irritability, and sexual dysfunction (e.g., decreased libido, erectile dysfunction, reduced orgasm intensity). Many men suffering from low testosterone will report a loss of competitive edge, musculoskeletal stiffness and pain, diminished ability to participate in athletics/sports, and poor work performance. Men see a decline in testosterone at 30 years old, but it is not uncommon for some men to have symptoms of low testosterone as early as their 20's!

What Forms Of Testosterone Replacement Are Available?

While there are several forms of testosterone, we implement products that we feel have the highest efficacy. Topical and injectable testosterone products are available for prescription for patients. Injectable testosterone can be injected either subcutaneously or by intramuscular route.





What Else Should You Know About Testosterone Replacement Therapy?

TRT is both safe and effective. To further increase its efficacy, prescribers often recommend human chorionic gonadotropin (HCG) as an adjuvant to TRT. HCG functions to maintain male testicular function. In some cases, HCG is a more conservative option to improve testosterone levels before trying TRT. It is also important to note the role of estrogen in men. Males produce estrogens from testosterone via the enzyme aromatase. Estrogen is vital for cognitive functioning, the cardiovascular system, maintenance of bone, fat control, and sexual function. As you may expect, too much or too little estrogen can be detrimental to a man's health. Because of this, some men will occasionally benefit from the use of an aromatase inhibitor (AI). Your doctor can further discuss the role of HCG and AIs with you.

What Are The Potential Side Effects Of TRT?

The majority of side effects and risks associated with TRT are typically due to poorly managed protocols. That said, TRT comes with side effects including acne, infertility, testicular atrophy, gynecomastia. Contrary to popular belief, TRT does not increase the risk of heart attack, stroke, pulmonary embolus, or blood clots.

