



### What Is Testosterone?

Traditionally, we understand testosterone as being responsible for the development of male tissues. While testosterone is the primary sex hormone in males, it also plays numerous vital roles in females. In women, testosterone has been shown to increase libido, emotional well-being, muscle mass, pain tolerance, and neurotransmitter production. Additionally, it aids in memory retention, keeps skin from sagging, reduces body fat, and maintains bone density.

### What Causes Low Testosterone In Women?

There are several causes of low testosterone in women, often related to menopause and perimenopause. That said, women may also experience low testosterone secondary to estrogen dominance, childbirth, cancer treatment, adrenal fatigue, use of birth control pills, depression, endometriosis, and statin drugs.

### What Forms Of Testosterone Replacement Are Available?

Testosterone is available in several formulations. Our patients typically have the option of using topical or injectable testosterone therapy.





## Women With Low Testosterone May Experience:

- Poor libido
- Decreased quality and quantity of orgasms
- Diminished nipple and clitoral sensitivity
- Sarcopenia (muscle wasting & weight gain)
- Reduced collagen elasticity (sagging cheeks and eyelids and thin lips)
- Low self-esteem
- Anxiety
- Fatigue
- Poor memory recall
- Thin, dry hair

## What You Need To Know About Testosterone:

In excess, testosterone is known to cause some unwelcome side effects, including acne and oily skin, aggression, deepening of the voice, hair loss, body hair growth, and clitoral enlargement. For these reasons, it is exceedingly essential for women to undergo frequent laboratory evaluations to maintain the safety and efficacy of testosterone replacement.

## Women, Testosterone, & Libido

As alluded to above, testosterone is crucial for female libido. The female body is remarkably sensitive to testosterone; therefore, only small amounts are required to elicit substantial results. Testosterone has been shown to increase female (and male) libido, as well as clitoral and nipple sensitivity and lust. Women with what would be considered regular hormonal activity demonstrate an even more substantial increase in libido.

