



Low-T

What Symptoms Might I Experience From Low-T?

EMOTIONAL CHANGES

Depression, decreased energy and motivation, poor concentration or memory loss



CHANGES IN SLEEP

Worsening of sleep apnea, insomnia, or other disturbances



PHYSICAL CHANGES

Increased body fat, decreased muscle bulk, decreased body hair growth



SEXUAL CHANGES

Reduced sex drive, sexual dysfunction, or infertility



Testosterone

A MALE HORMONE PRIMARILY PRODUCED IN THE TESTICLES

It is responsible for building muscle and bone mass as well as sperm production and sex drive.

The normal range of testosterone is 300-1,200 ng/dL. Anything under 300 ng/dL is considered low. This lower than normal level of testosterone is referred to as 'Low-T'.

What Causes Low-T?

Although it is normal for a man's testosterone levels to fall at a rate of about 1% per year after the age of 30-40, there are other factors that contribute to Low-T. The most common is a signaling problem between the brain and testes that causes a drop in the amount of testosterone being produced. This is called **hypogonadism** and can be caused by either dysfunction in the testes (primary hypogonadism) or dysfunction in the pituitary gland or hypothalamus (secondary hypogonadism). Other less common causes of Low-T include:

- INFLAMMATORY DISEASES
- INJURY OR INFECTION INVOLVING THE TESTICLES
- CANCER TREATMENT
- DAMAGE FROM EXCESSIVE ALCOHOL CONSUMPTION

In addition; obesity, diabetes, liver or kidney disease, high blood pressure and high cholesterol can accelerate the reduction in testosterone levels.



WHAT ARE MY TREATMENT OPTIONS FOR LOW-T?

IF YOU ARE EXPERIENCING SYMPTOMS OF LOW-T, SPEAK WITH YOUR DOCTOR TO DETERMINE IF TESTOSTERONE THERAPY IS RIGHT FOR YOU.

The risks of treatment are low, but include accelerated prostate growth (and potentially growth of existing prostate cancer), skin reactions, shrinkage of testicles, and over production of red blood cells which can lead to serious medical problems. Several forms of treatment are available:

SKIN PATCHES

Usually applied once a day; they are clean and easy, making them the ideal therapy for many men.



GELS

Applied directly to the skin and then absorbed. Gels are messier than skin patches and can potentially be harmful to others if they are exposed. Proper dosing can also be tricky.



INJECTIONS

Primarily used in younger men who need testosterone treatment for infertility issues.



PELLETS

A relatively new form of treatment, these are implanted under the skin and slowly release testosterone over the course of 3-4 months.



If you are currently receiving testosterone therapy, do not decrease or stop your medication without consulting your physician.