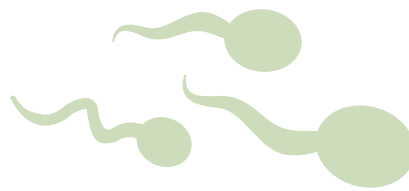


# Let's Talk TESTOSTERONE

TESTOSTERONE IS A HORMONE PRODUCED BY MEN AND WOMEN, BUT IS MOST OFTEN REFERRED TO AS THE 'MALE SEX HORMONE'

DURING PUBERTY, TESTOSTERONE HELPS BOYS DEVELOP MALE PHYSICAL FEATURES LIKE **BODY** AND **FACIAL HAIR**, **DEEPER VOICES** AND **MUSCLE STRENGTH** - TESTOSTERONE IS ALSO NEEDED FOR MEN TO



**MAKE SPERM**

SOME MEN CAN HAVE LOW LEVELS OF TESTOSTERONE. IN FACT, AS MEN GET OLDER, TESTOSTERONE LEVELS NATURALLY DECLINE ABOUT

**1-3%**  
**PER YEAR**  
AFTER THE AGE OF **40**

## HYPOGONADISM

OR **LOW-T** IS DEFINED AS LOW LEVELS OF TESTOSTERONE IN THE SETTING OF A CLUSTER OF SYMPTOMS

COMMON SYMPTOMS OF LOW-T ARE **PROBLEMS HAVING ERECTIONS**, **LOW SEX DRIVE**, **LOW ENERGY** AND INCREASED **BODY FAT**

*These symptoms are not just due to low-T. Other health issues can cause these, which is why it is important to discuss them with your health care provider.*

# Let's Talk Testosterone

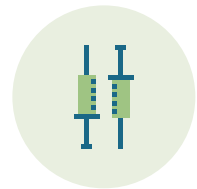
BEING TOLD YOU HAVE LOW-T SHOULD COME FROM YOUR HEALTH CARE PROVIDER



DIAGNOSIS OF LOW-T BEGINS WITH A



MEDICAL HISTORY, PHYSICAL EXAMINATION



AND BLOOD WORK

TESTOSTERONE REPLACEMENT THERAPY (TRT) IS A TREATMENT FOR LOW-T

*Men who still want children should not take TRT because it will shut down sperm production.*

TRT COMES IN SKIN GELS, SHOTS, PATCHES AND PELLETS PLACED IN THE BODY. SKIN GELS ARE THE MOST COMMON FORM OF TRT

POTENTIAL SIDE EFFECTS OF TRT ARE **INCREASED RED BLOOD CELL COUNTS, ACNE, SMALLER TESTICLES AND INFERTILITY**, SO TALK TO YOUR DOCTOR ABOUT THE PROS AND CONS



IF YOU DON'T HAVE BOTH SYMPTOMS AND LOW LEVELS OF TESTOSTERONE, OR HAD A WORK UP FOR THE ISSUES, YOU MAY NOT BE APPROPRIATE FOR TESTOSTERONE TREATMENT

## REMEMBER . . .

- 1 Don't take testosterone for non-medical reasons like bodybuilding
- 2 Don't take TRT if you're trying to father a child - it can cause infertility
- 3 Get routine check-ups and blood tests once TRT has started
- 4 Lifestyle factors like diet, exercise, and weight affect testosterone
- 5 There is no proof that supplements help