

Let's Talk **TESTOSTERONE**

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

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**

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



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.

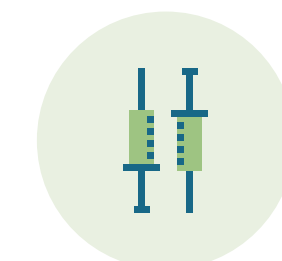
BEING TOLD YOU HAVE LOW-T SHOULD COME FROM YOUR HEALTH CARE PROVIDER



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

For more information, visit UrologyHealth.org/LowT