

LOW TESTOSTERONE

SPECIAL REPORT



MENSPRO

It's no secret that Low Testosterone (Low T) is under-recognized even though its effects can be detrimental. Testosterone is the hormone that makes men... well, men. As men age, testosterone levels drop—which can have a significant impact on mood, sex drive, muscle mass, energy, and much more. And, while Low T is an extremely common condition, many men may not even realize that they are suffering until their hormone levels are back to normal.

Worse, there's a lot of inaccurate information floating around about testosterone-replacement therapy (TRT). This treatment can help improve a man's sex drive, energy levels, attitude, and other vital elements of a fulfilled life... but rumors have spread that TRT could be linked to long-term risks and negative side effects. Though many specialists are passionate about the inaccuracy of such damaging links, the widespread perception persists.

At Menspro™ Clinics, we'd like to dispel some of this – we believe – unwarranted fear surrounding testosterone-replacement therapy, beginning with what may motivate a man to see a doctor for Low T.

Symptoms

Many men who end up on Low Testosterone treatments may not have even known they had Low T. Typically, a man will end up at the doctor's office after some issues in the bedroom. These issues could be anywhere from disinterest in sex, to erectile dysfunction, to difficulties climaxing, to less-intense orgasms, to general feelings of desensitization when presented with arousing stimuli. Additionally, men may experience:

- Fatigue
- Decreased muscle mass
- Increased fat mass
- Hair loss
- Lack of focus
- Depression
- Irritability
- Less quality sleep
- Low self-esteem
- And others

When presented with such information, many doctors may dismiss these concerns as “a typical part of aging.” But at Menspro™ Knoxville Clinic, we know that these symptoms are often highly treatable.

Causes

We live in a world where health issues can be caused by any number of things. Low T is no exception. Men may be suffering from Low T because of the medications they are taking, depressive episodes, health issues, general aging, and other root causes. Additionally, at times, Low T can be caused by more serious conditions including: testicular cancer, liver or kidney disease, diabetes, infection, obesity, or others.

Diagnosis

Testing for Low Testosterone is actually very simple. It can be measured through a blood test, and by evaluating characteristic symptoms – but tying the two together is medically imperfect. Most of the time, the men with many symptoms of Low T will have the lowest levels, and those with few symptoms (or one) will have higher levels. But, there are times when men with low levels of testosterone don't notice any symptoms of their low levels.

Low T Myths

Myth 1: Low Testosterone only affects older men.

It has been proven that testosterone levels decrease about 1% each year, after age 30. But, many men begin their lives with lower testosterone levels than other men their age... so these men may feel the effects of Low T even earlier.

Myth 2: Your body will lose the ability to produce its own testosterone.

This is only partly true. If we find that your testosterone levels are low, and it's affecting your daily life, your body is already unable to produce adequate testosterone. So, after Testosterone-replacement Therapy (TRT), your body doesn't need to produce its own because it's already receiving adequate amounts through treatment. If you discontinue Testosterone-replacement Therapy, your body will go back to producing testosterone, but at those same, lower levels.

Myth 3: Testosterone-replacement therapy is just like taking performance-enhancing steroids.

Athletes and bodybuilders may take anabolic steroids to boost their performance – and testosterone is a main ingredient in these steroids. However, the difference is that these anabolic steroids are illegal drugs and have much higher doses of testosterone. Plus, they are typically combined with other potentially dangerous substances that boost muscle-building abilities and performance. And, many of them actually block estrogen (which is not beneficial). Testosterone is a highly-regulated hormone; your provider will ensure that each person has the ideal balance of estrogen to testosterone. People taking anabolic steroids without proper medical supervision do not achieve this delicate balance.

Myth 4: It causes prostate cancer.

This widespread myth was started in 1941 by Charles Huggins, M.D. and Clarence Hodges, M.D. in their study, "The Effect of Castration, of Estrogen and of Androgen Injection on Serum Phosphatases in Metastatic Carcinoma of the Prostate." This outdated study had its flaws, and recent research has revealed that there is no data supporting the theory that TRT is linked to prostate cancer. In fact, testosterone is vital in the development of the prostate. Bottom line: testosterone is not hazardous – your body produces it naturally!

Myth 5: You need to see your provider all the time.

Well-balanced hormones are vital for your health and well-being. During the first few months, you will work closely with your health professional so he can determine the best dosage for you.* But after the dosage is determined, the rest is smooth sailing.

Possible Side Effects

Though Testosterone-replacement therapy is used by thousands and thousands of men with no negative side effects, there is some risk with this treatment option. Some men may experience hair loss, decreased sperm count, acne, mood changes, breast growth, and testicular shrinkage. It may also worsen sleep apnea and increase the risk of heart attack or death in people with or without heart disease. It also may worsen prostate issues, change red blood cell levels, cholesterol levels, hormone levels, and PSA levels.

Far too many men suffer with Low Testosterone, and don't even realize how great they could feel if they could just get their hormones to the proper levels. Men – know the truth about TRT. It could potentially change your attitude, your body, your health, and your love life.

At Menspro™ Clinic Knoxville, we've helped thousands of men with Low Testosterone issues. We implement highly effective treatments that are tailored to each man and his unique needs. We have customized solutions that have proven effective in most cases.

Don't suffer with Low Testosterone. Our staff is capable, professional, and discreet. And, men's health is all we do. Give us a call to set an appointment.

*Note that testosterone-replacement therapy may come with side effects in certain circumstances. If you are considering TRT, you should ensure that you are informed and making the best decision for yourself.

Treatments

There are a number of treatments administered by Menspro™ Clinics that can treat Low Testosterone.

For men with borderline or slightly Low Testosterone, Human Chorionic Gonadotropin (hCG) may be administered. It is a naturally occurring hormone – the pituitary gland produces an analog of hCG. This treatment mimics the luteinizing hormone (LH) on the testes, which stimulates them to produce more testosterone.

Hormone therapies can be life-changing for men with Low-T. Each man will come into our clinic with different hormone levels, and unique situations. It is up to us to determine the best treatment option for you through testing and regulation.

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