



MALE BHRT

Let's talk about it



Benefits of bioidentical hormone therapy for men:

- Better sleep quality
- Decreased pain
- Improvement in mood, memory, and concentration
- Increased energy levels
- Increases muscle mass and strength
- Improved libido and sexual performance
- Enhanced fat loss and muscle tone

Symptoms of low testosterone in men:

- Fatigue
- Sleep disturbances
- Depression and/or irritability
- Weakness
- Increased belly fat
- Reduced libido
- Erectile dysfunction
- Impaired memory
- Diminished work performance



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What is testosterone?

Testosterone is a hormone found in humans, as well as in other animals. In men, the testicles primarily make testosterone. Women's ovaries also make testosterone, though in much smaller amounts.

The production of testosterone starts to increase significantly during puberty and begins to dip after age 30 or so.

Testosterone is most often associated with sex drive and plays a vital role in sperm production. It also affects bone and muscle mass, the way men store fat in the body, and even red blood cell production. A man's testosterone levels can also affect his mood.

Types of hormone therapy for men

If your doctor suggests testosterone therapy, several options are available. These include:

Intramuscular testosterone injections:

Your doctor will inject these into the muscles of your buttocks every two to three weeks.

Testosterone patches: You apply these each day to your back, arms, buttocks, or abdomen. Be sure to rotate the application sites.

Topical testosterone gel: You apply this each day to your shoulders, arms, or abdomen.

How Are You Tested for Low Testosterone?

If your doctor suspects your testosterone levels are low, they'll give you a blood test, probably first thing in the morning. Your levels go up and down during the day. Mornings are when they tend to be highest.

Still, you may need to have your blood taken more than once and at different times of the day. Once your results come back, your doctor may order other tests to gather more information.

A normal range of testosterone for men is anywhere between 300 to 1,000 ng/dL.

What happens to testosterone levels with age?

Testosterone levels generally peak during adolescence and early adulthood. As you age, your testosterone level gradually declines — typically about 1% a year after age 30 or 40. For older men, it's important to determine if a low testosterone level is due to normal aging or if it is due to a disease (hypogonadism).

Hypogonadism hampers the ability to produce normal amounts of testosterone due to a problem with the testicles or with the pituitary gland that controls the testicles. Testosterone replacement therapy, in the form of injections, pellets, patches or gels, can improve the signs and symptoms of low testosterone in these men.

