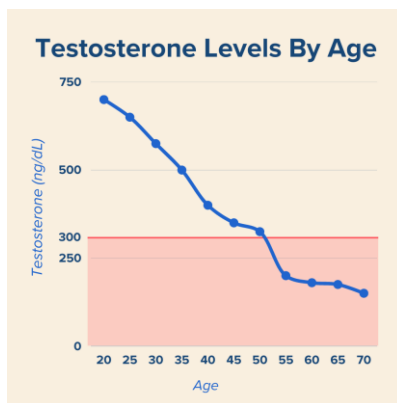


Testosterone Replacement Therapy (TRT)

What is testosterone?

Testosterone is the primary sex hormone in males, however also important for women. In men, testosterone is responsible for muscle mass, facial hair, libido, bone density, sexual function as well as development of the testicles and prostate.

Science has shown that testosterone reaches its peak during adolescence and into your 20's. Unfortunately, by the age of 25-30 it starts to decline and by the age of 40 this decline on average is 30% lower than what you were at your peak. (In some cases, much lower than that)



This condition is called Hypogonadism, which means diminished functionality of the gonads.

Symptoms of low testosterone:

1. Brain fog
2. Low energy/motivation
3. Difficulty to grow muscle and loss of strength
4. Low libido
5. Erectile dysfunction
6. Depression
7. Male breast
8. Cardio issues
9. Weight gain and increased fat
10. Poor sleep
11. Joint pain

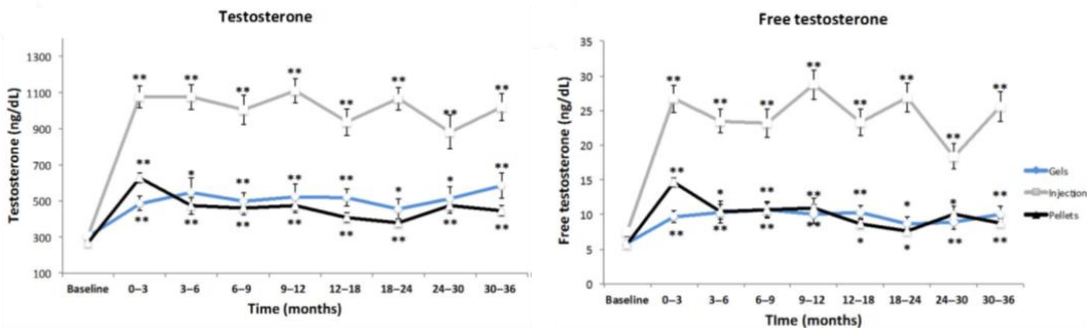
What to expect on TRT:

1. Improved focus and cognition
2. Improved mood and confidence
3. Increased strength and muscle growth
4. Increased endurance and energy
5. Fat loss

6. Better workouts and recovery
7. Increased bone density
8. Increased sex drive
9. Maintain healthy prostate
10. Improvement in erectile dysfunction
11. Improved cardiovascular health

The initial labs will help us determine if you are a candidate for TRT. There is no magic number for where you will feel the best, which is why we will do routine blood testing to optimize what works best for you. Most men will be somewhere between 200-800 mg/dL on total testosterone. Which is why we look at more than just total testosterone (i.e. estradiol, sex hormone binding globulin (SHBG),

The goal of this program is to supplement your existing levels of testosterone with bio-identical testosterone to reach a balanced/optimal level for you. There are several forms in which testosterone can be administered: injections, gels, patches, pellets or pills. We believe the most effective¹ of way of getting a consistent dose is by injections (see figure below a study done to evaluate effects of injection, pellets, and gel).



1. Pastuszak AW, Gomez LP, Scovell JM, Khera M, Lamb DJ, Lipshultz LI. Comparison of the Effects of Testosterone Gels, Injections, and Pellets on Serum Hormones, Erythrocytosis, Lipids, and Prostate-Specific Antigen. Sex Med. 2015 Sep;3(3):165-73. doi: 10.1002/sm2.76. Epub 2015 Aug 12. PMID: 26468380; PMCID: PMC4599554.

How does it work?

1. Visit with a consultant and schedule labs (bring your own if you have them).
2. Meet with Practitioner to discuss treatment plan. (Telemed visit)
3. Medications* shipped directly to your home. You administer in the privacy of your home.

You will more than likely start seeing changes (i.e. energy, increased libido, sleep) in just weeks. Over the course of a month or months you will see changes in fat loss, lean body mass, and strength. As you continue to follow the treatment effects will become more pronounced.



*Medications will include Testosterone, Anastrozole, and Enclomiphene

Anastrozole is an aromatase-inhibition drug and is taken orally. It inhibits the ability of the aromatase enzyme to convert testosterone to estrogen.

Enclomiphene Citrate is used to prevent the shrinking of the gonads, altering sexual function, and preventing infertility.