

UTAH MEN'S HEALTH – Ahead of the Curve TESTOSTERONE THERAPY PATIENT HANDOUT

Testosterone Therapy: transdermal, injection, or pellet (Testopel) therapy

There are many symptoms associated with hypogonadism, or a reduced testosterone level. These include low energy, poor concentration, increased weight, decreased muscle mass, low bone density, depression, low libido (sex drive), erectile dysfunction, and low sperm count. Testosterone therapy, when used in hypogonadal men, can be a safe and effective way to treat these symptoms.^{1,2} Individualized, long-term testosterone therapy has been shown to improve bone density, stabilize mood, normalize body fat and body muscle, increase energy, and increase libido.³

Many men see significant improvement in symptoms with testosterone therapy. It is important, however, that you use your testosterone medication only as directed. This includes needle safety for injection therapy as well as limiting exposure of loved ones to testosterone gel. It is also important for you to participate in laboratory and office follow-up; your response to testosterone therapy will be monitored closely. We look forward to evaluating your symptom improvement at your next follow-up appointment.

As with any new medication, you may notice side effects from your testosterone therapy. This may include, but are not limited to, the following:

- Pain at the injection site, if on injection therapy
- Increased energy
- Increased libido (sex drive)
- Acne
- Increased aggression
- Increased hematocrit, or red blood cell count
- Increased prostate size

Long-term testosterone replacement therapy can also limit the amount of testosterone made within your body. This has consequences on fertility, as lack of testosterone within the testes can cause a significant decrease in sperm production. Please contact us if you have further concerns regarding fertility.

Should you have questions or concerns about your new medication, or if you develop significant side effects, please contact our office at **(801) 587-1454**. As discussed above, laboratory and clinic follow-up is an important part of your treatment course to monitor both treatment response and risk of developing side effects. We look forward to seeing you at your next follow-up appointment.

1. Bhasin S, Cunningham G, Matsumoto A, Snyder P, Swerdloff R, Montori V. Testosterone therapy in adult men with androgen deficiency syndromes: An endocrine society clinical practice guideline. *Journal of Clinical Endocrinology & Metabolism*. 2006; 91(6):1995-2010.
2. De Ronde W. Testosterone gel for the treatment of male hypogonadism. *Expert Opinion on Biologic Therapy*. 2009 Feb;9(2):249-253.
3. Laksham K, Basaria S. Safety and efficacy of testosterone gel in the treatment of male hypogonadism. *Clinical Interventions in Aging*. 2009;4:397-412.