



The lowdown on “Low T”

Low testosterone, often called “Low T,” is a common condition that affects energy, mood, and physical vitality as men age. While a natural decline occurs over time, recognizing when levels drop too low is essential for maintaining your overall health and long-term quality of life.



THE PLAYBOOK

- Common symptoms include persistent fatigue, a decrease in muscle mass, increased body fat, and reduced bone density. If you feel like you are losing your “edge” physically, it might be more than just aging.
- Testosterone plays a role in emotional regulation. Low levels can lead to irritability, a lack of focus, and symptoms of depression or a general loss of interest in activities you once enjoyed.
- A noticeable drop in libido (sex drive) or difficulty achieving and maintaining erections are signs. Doctors often look for these specific indicators when determining if a blood test is necessary.
- You may need two separate blood tests to confirm a diagnosis of hypogonadism.
- Conditions like obesity, type 2 diabetes, and obstructive sleep apnea are linked to Low T. Managing these primary issues can sometimes naturally improve your hormone levels without direct replacement.
- Testosterone Replacement Therapy (TRT) comes in various forms, including skin gels, patches, injections, and long-acting pellets. Your doctor will determine which method best fits your lifestyle and medical history.
- It is highly recommended to speak with a urologist or endocrinologist. They can provide a comprehensive evaluation to ensure that your symptoms aren’t being caused by other underlying pituitary or testicular issues.
- If you start TRT, regular follow-ups are vital. Doctors must monitor your red blood cell count and prostate health, as therapy can sometimes increase the risk of blood clots or make existing prostate problems worse.

