

## Testosterone - How Low Are You?

Is your performance slipping in the bedroom, the office, or the gym? The problem may be low testosterone.<sup>1</sup>

### The Test

The following questionnaire<sup>2</sup> can help your doctor know how you are feeling and provide important clues about your condition.

	YES	NO
1. Do you have a decrease in libido (sex drive)?		
2. Do you have a lack of energy?		
3. Do you have a decrease in strength and/or endurance?		
4. Have you lost height?		
5. Have you noticed a decreased "enjoyment of life"?		
6. Are you sad and/or grumpy?		
7. Are your erections less strong?		
8. Have you noticed a recent deterioration in your ability to play sports?		
9. Are you falling asleep after dinner?		
10. Has there been a recent deterioration in your work performance?		

If you answer "YES" to questions one through seven, or "YES" to three or more questions, discuss the results with your doctor.

### Get Informed...

Testosterone is a male hormone produced in the testicles. It is responsible for the development of the penis, prostate, and testicles.

Testosterone also helps the body produce sperm and develop male characteristics. As we age, our testosterone levels decline gradually and may result in hypogonadism, or low testosterone.<sup>1</sup>

### Testosterone Impacts Your:

Sex Drive	Energy
Mood	Fat mass
Erectile function	Bone Strength
Muscle mass	Muscle Strength <sup>1</sup>

4-5 million American men have hypogonadism<sup>3</sup> with a higher occurrence in men over age 50.<sup>4</sup>

Besides aging, extreme weight loss, certain medicines and diseases can also affect testosterone

levels.<sup>1</sup> In fact, 30% of HIV-infected men<sup>5</sup> and 50% of men with AIDS have a testosterone deficiency.<sup>6</sup>

## Get Tested

Signs and symptoms of low testosterone levels include:

- Decreased sex drive
- Erectile dysfunction
- Tiredness/fatigue
- Depressed mood
- Reduced muscle mass/strength
- More fragile bones

The performance of a single blood test can determine your testosterone level.<sup>1</sup>

## Get Treated...

If your test result shows that your testosterone level is indeed low, your physician may recommend testosterone replacement therapy (TRT).

Only 1-in-20 U.S. men with hypogonadism receive TRT!<sup>3</sup>

Currently, testosterone is administered in the following ways. Be sure to talk to your doctor to find the best option for you:

- Injections every few weeks<sup>1</sup>
- Patches applied daily to the skin<sup>1</sup>
- Buccal tablet, twice/day dosing<sup>4</sup>
- Clear gel rubbed into the skin daily<sup>1</sup>

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## REFERENCES

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