

TRT & Hormone Replacement



Enhancing sexual
performance

Achieving higher
energy levels

Treating Hypogonadism
(Menopause &
Andropause)

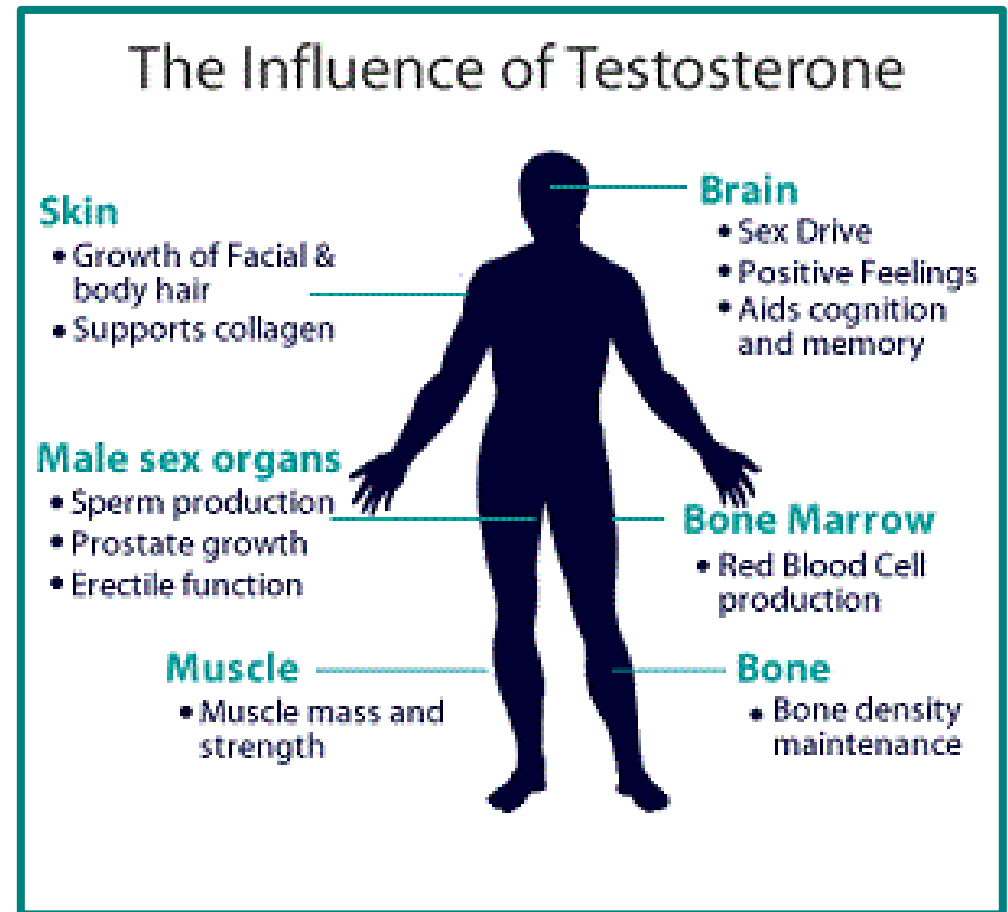
Er[♂]med
Urology & Reconstructive Clinic

What is TRT?

TRT is an acronym for testosterone replacement therapy, sometimes called androgen replacement therapy. It's primarily used to treat low **testosterone** (T) levels, which can occur with age or as a result of a medical condition.

But it's becoming increasingly popular for non-medical uses, including:

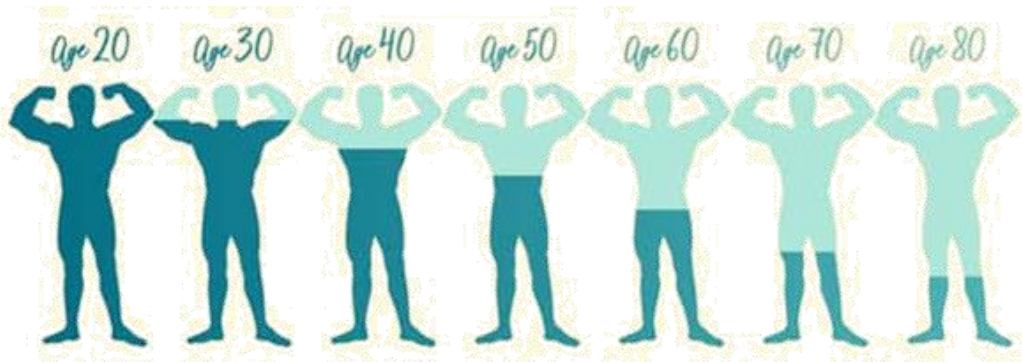
- Enhancing sexual performance
- Achieving higher energy levels
- Building muscle mass for bodybuilding



Why does T decrease with age?

Your body naturally produces less T as you age.

- As you age, your testicles produce less T.
- Lowered testicular T causes your hypothalamus to produce less gonadotropin-releasing hormone (GnRH).
- Lowered GnRH causes your pituitary gland to make less luteinizing hormone (LH).
- Lowered LH results in lowered overall T production.



This gradual decrease in T often doesn't cause any noticeable symptoms. But a significant drop in T levels may cause:

- Low sex drive
- Fewer spontaneous erections
- Erectile dysfunction
- Lowered sperm count or volume
- Trouble sleeping and mood changes
- Unusual loss of muscle and bone density
- Unexplained weight gain

How do I know if I have low T?

The only way to know whether you truly have low T is by seeing a healthcare provider for a testosterone level test. This is a simple blood test, and most providers require it before prescribing TRT.



How is TRT used medically?

TRT is traditionally used to treat hypogonadism, which occurs when your testes (also called gonads) don't produce enough testosterone.



There are two types of hypogonadism:

Primary hypogonadism.

Low T results from issues with your gonads. They're getting signals from your brain to make T but can't produce them.

Central (secondary) hypogonadism.

Low T results from issues in your hypothalamus or pituitary gland.

TRT works to make up for T that isn't being produced by your testes.

If you have true hypogonadism, TRT can:

- Improve your sexual function
- Boost your sperm count and volume
- Increase levels of other hormones that interact with T, including prolactin

TRT can also help to balance unusual T levels caused by:

- Autoimmune conditions
- Genetic disorders
- Infections that damage your sex organs
- Undescended testicles
- Radiation therapy for cancer
- Sex organ surgeries

The bottom line

TRT has long been a treatment option for people with hypogonadism or conditions associated with reduced T production. But its benefits for those without an underlying condition aren't as clear, despite all the hype.

Talk to your doctor before you take any T supplements or medications. They can help you determine whether your goals with TRT are safe and realistic.

It's also important to be monitored by a medical professional as you take T supplements to note any unwanted symptoms or side effects that may occur during treatment.





 www.ero-med.com