

The Benefits of Testosterone Replacement Therapy

What's the hype about testosterone replacement therapy and do you really need it? Testosterone replacement therapy (TRT) is often a treatment for a condition called hypogonadism. This is when a male has an insufficient level of testosterone, which many refer to as "Low T". Males can develop low testosterone at any age, but most often, testosterone levels begin to decrease around the age of 30. It is estimated that about 45% of men ages forty and up develop andropause, that many refer to as "male menopause". This is when an older male's level of testosterone slowly decreases over time. Although it occurs at a slower rate, it has many of the same symptoms as menopause.

It is important to note that low testosterone can be confirmed with a saliva test or bloodwork and that some symptoms can occur for a variety of reasons. Symptoms of low testosterone include (but are not limited to) fatigue, brain fog, loss of muscle mass, mood swings, anxiety, weight gain, decreased sex drive, and erectile dysfunction. Any one of these symptoms can affect your quality of life. So if you knew there was a way to improve these ailments, wouldn't you jump at the chance?

For those experiencing low testosterone, TRT can be that solution! The goal of TRT is to restore your hormones back to normal levels and help you feel like you did in your 20s and early 30s! It's probably safe to say that everyone would rather be looking and feeling their best, which is how TRT can help.

Individuals that undergo a TRT protocol typically experience more energy and more mental clarity as their levels begin to regulate. Both of these are essential for functioning in our day to day lives. Others are able to finally lose those unwanted pounds that they couldn't before and build muscle. Of course the benefits of TRT are felt faster when combined with a healthy diet and exercise. Being in shape is more than just looking good. It has so many other benefits for our health, including being able to fight off sicknesses or recover from them faster. Mental health is an extremely important part of our wellbeing, as well, and TRT helps some find relief from anxiety and have more stable moods. TRT can also resolve personal issues that some may be having in the bedroom, which truth be told, is the least common complaint we hear in our office. Those on TRT usually begin to notice improvements anywhere from 2-6 weeks after beginning their program.

Another great thing about TRT is that there are different delivery systems so you can choose what is right for YOU. Some choose to do injections, while others opt for a cream. [REDACTED] will work closely with you to make sure that you are receiving the full benefits of TRT and create a program that is just right for you. Contact Lisa to get your free initial consultation scheduled today by calling [REDACTED] or emailing [REDACTED]