

# Low Testosterone (Low T) Symptoms and Treatments

## What is testosterone?

In males, testosterone is a hormone in the blood that is mostly produced by a man's testicles.

## What is Low T?

**Low testosterone (Low T)** means the testicles are not producing enough or any testosterone. Low T is also called hypogonadism or andropause.

## What are some symptoms associated with Low T?

Sexual	Non-sexual	
<input type="checkbox"/> Decreased number of erections	<input type="checkbox"/> Increased body fat	<input type="checkbox"/> Very small or shrinking testes
<input type="checkbox"/> Weaker erections	<input type="checkbox"/> Decreased muscle mass	<input type="checkbox"/> Loss of body hair
<input type="checkbox"/> Decreased sexual desire (libido)	<input type="checkbox"/> Decreased energy, fatigue	<input type="checkbox"/> Decreased self-confidence
<input type="checkbox"/> Decreased sexual activity	<input type="checkbox"/> Depression	

Check the symptoms that you may want to discuss with your provider. Having these symptoms does not always mean that you have Low T.

## How will I know if I have Low T?

A blood test will show if you have it. The test measures the amount of testosterone in your blood.

## How common is Low T?

Your chances of having Low T increase as you get older. If you have Low T, you are not alone. Low T occurs in about 39% of men age 45 or older.

## What health conditions are associated with low testosterone?

Low T can occur with conditions such as:

- Diabetes - Type 2
- HIV and AIDS
- Infertility
- Kidney disease (end-stage) and dialysis
- Obesity
- Obstructive lung disease (moderate to severe)
- Osteoporosis

Certain prescription medicines can affect testosterone levels.

It may not be easy to talk about symptoms of Low T with your healthcare provider. The good news is that symptoms of Low T often can be treated.

## What is the treatment for Low T?

Your provider may prescribe testosterone replacement\* if you have:

- Symptoms and a blood test showing low levels of testosterone

Testosterone replacement comes in several forms:

- Gel applied over a covered area of skin
- Injection into a muscle
- Patch applied to the skin of the back, thigh, or upper arm
- Pellet implanted under the skin
- Tablet absorbed in the mouth

\*Your provider may recommend other tests before prescribing therapy. Testosterone is not recommended for men with prostate or breast cancer, a red blood cell count that is too high, or certain other conditions of the heart or prostate.

Write down questions you want to discuss with your healthcare provider.

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**Talk to your healthcare provider about any questions you have about Low T.**

