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?

<table>
<thead>
<tr>
<th>Sexual</th>
<th>Non-sexual</th>
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<tbody>
<tr>
<td>Decreased number of erections</td>
<td>Increased body fat</td>
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<tr>
<td>Weaker erections</td>
<td>Decreased muscle mass</td>
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<tr>
<td>Decreased sexual desire (libido)</td>
<td>Decreased energy, fatigue</td>
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<tr>
<td>Decreased sexual activity</td>
<td>Depression</td>
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<td></td>
<td>Very small or shrinking testes</td>
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<td>Loss of body hair</td>
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<td>Decreased self-confidence</td>
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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.**