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Many of my patients are surprised to learn that testosterone is needed for much more than sexual vitality. Many men with low testosterone (Low T) complain of decreased libido, sleep disturbances, weight gain, loss of muscle mass, memory problems, and overall lethargy. These are significant symptoms but low testosterone levels can also be associated with major health risks.

Some of these major health risks include:

- High triglycerides (fat in the blood)
- Elevated markers of inflammation (contributing factor for heart disease)
- Higher risk of developing metabolic syndrome (diabetes, hypertension and heart disease)
- Osteoporosis (bone weakening)

According to research, low testosterone levels may increase the risk of death. In a study conducted by the University of California, San Diego School of Medicine, Department of Family and Preventive Medicine, "of nearly 800 men, ages 50 to 91 years, men with low testosterone had a 33 percent greater risk of death during the next 18 years than men with higher testosterone."¹

It is important to note that a man's testosterone levels decline by 1 to 3% every year and that they can experience symptoms of Low T as early as 30 years of age! By age 45 almost 40% of men have Low T levels, yet remarkably, only 5% of men currently receive treatment.

So, what can be done to correct Low T levels? At Pacific Coast Urology Medical Center's Male Health & Hormone Center, I advise my patients that there are a variety of replacement therapies such as:

- **Testosterone gels and creams** - these are applied daily
- **Testosterone injections** - these must be given every 2 to 3 weeks
- **Testosterone pellets** - these are injected every 3 to 4 months and are the latest high tech solution

Before beginning any testosterone therapy it is imperative that you have a medical work-up so that serious causes of Low T such as testicular growths, abnormalities of the pituitary gland or a part of the brain called the hypothalamus, are ruled out. Screening for prostate cancer must be done. Also, blood tests are necessary to determine the levels of both total and free testosterone. Recommendations for testosterone replacement therapy may only be made after the medical examination and blood work analysis.

Testosterone replacement therapy successfully addresses Low T when it is administered in the proper dosage and monitored regularly at the Pacific Coast Urology Medical Center's Male Health & Hormone Center.



Testosterone Therapy: The Key to Male Health and Vitality

by **ROBERT G. PUGACH, MD**

If you are interested in learning more about Low T and hormone replacement therapy, call my office at 888.735.4336 to book an appointment or visit www.PacificCoastUrology.com to learn more.

¹Low serum testosterone and mortality in older men. Laughlin GA, Barrett-Connor E, Bergstrom J. Department of Family and Preventive Medicine, School of Medicine, University of California, San Diego, 9500 Gilman Drive, MC 0631C, La Jolla, California 92093, USA. glaughlin@ucsd.edu