



How Do You Know if You Really Have Low T?

by ROBERT PUGACH, MD

Low T or andropause, is increasingly recognized as a significant health issue for men. By age 40, 15% of men are deficient in testosterone.

Many men describe a variety of symptoms including:

- **Lack of energy** - feeling tired at the start of each day or as your day progresses
- **Mood swings, depression, forgetfulness, inability to concentrate or multi task**
- **Low libido** (sex drive)
- **Weight gain** - inability to lose abdominal fat or weight in general
- **Loss of strength and muscle mass**

There are also significant health issues associated with "Low T" levels.

These include:

- **Increase in the metabolic syndrome** (including diabetes)
- **Coronary artery disease**
- **Osteoporosis**

In the past, many physicians only paid lip service to this condition. But now, we've learned that hypogonadism (when you produce little or no testosterone) is a staggeringly common condition that affects most men over the age of 40.

What do I advise my patients to do? Begin by talking to a qualified physician about your concerns or any of the symptoms described above. Not sure? Take the Low T Quiz found at http://www.pacificcoasturology.com/low_t_testosterone_quiz.htm.

Next, get a blood test of your total and free testosterone levels. Your baseline level should be done beginning at age of 25!

It isn't too late to correct Low T levels. At Pacific Coast Urology Medical Center, I offer a variety of replacement therapies in my Male Health & Hormone Center 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

Don't continue to ignore these life altering symptoms. Reclaim your health, youthful energy and vigor!



Want more information? Call 888-735-4336, to schedule a consultation. Visit: www.pacificcoasturology.com