

Testosterone Hormone Consent

Name: _____ ADAM Score: _____

Rationale/Symptoms: _____

- Testosterone levels drop naturally with age but can also decline in other health conditions such as diabetes, obesity, sleep apnea, sleep deprivation, stress, chronic opioid use.
- Symptoms of low testosterone include **low libido, fatigue/weakness, weight gain, low mood.**
- Complications of low testosterone may include **reduced muscle mass, anemia, osteoporosis, metabolic syndrome, cardiovascular disease, cognitive decline.**
- Supplemental testosterone may be used for persons with risks/symptoms **AND** low T levels. It is a **conventional therapy** when used & monitored appropriately in carefully selected patients.

Expected Benefits: Improved energy, mood, libido, bone mineral density, body composition (i.e. muscle:fat ratio), exercise performance, increased hemoglobin. Evidence is generally good.

Testosterone Side Effects: **Acne or hair growth. Moodiness/irritability.**

- High **hemoglobin** (red blood cells) High **blood pressure** or **cholesterol**
- **Gynecomastia** or male pattern **baldness** (due to conversion to estrogen)
- **Testicular atrophy, reduced sperm count, reduced fertility** (see alternatives).
- Increased **PSA, prostate volume**, benign prostate hypertrophy (**BPH**).
- Increased growth of hormone-dependent cancers such as **prostate cancer**
- Controversial effect on **heart disease or heart attack** risk: some studies suggest increased risk of heart attacks while others suggest reduced risk.

* You will be monitored for: **Weight, BP, DRE & bloodwork** (CBC, cholesterol, PSA, T, E, SHBG) to minimize the risks associated with testosterone therapy.

Contraindications: Prostate/breast **cancer**. Elevated **PSA**. **Polycythemia**. **Hypercoaguability**.

Application: I prescribe **topical bio-identical testosterone**. Alt: patch, IM injection.

Apply topical cream to groin area nightly or in a.m. Typical starting dose is **5-10mg** daily.

IMPORTANT: No female should come in contact with your testosterone cream.

Advise women in your house that you use testosterone cream. Avoid direct contact for 4-6h, avoid all indirect contact (use designated hand towel, segregate exposed underwear).

Alternatives: No treatment (symptoms may persist)

Address risk factors for low T

Lifestyle changes: strength training exercise, sleep, stress reduction

Other Hormone Support: thyroid, adrenals, DHEA, progesterone (if applicable).

Lower SHBG: Exercise, Omega-3's, whey protein, stinging nettle, reduce insulin resist.

Aromatase inhibition: Anastrozole/letrozole, vitamin C, zinc, fibre, stinging nettle, saw palmetto, pygeum, grape seed extract, quercetin, chrysin, soy isoflavones, beta sitosterol.

Fertility Preservation: Clomiphene, HCG

Supplements: zinc, vit D, Se, carnitine

Herbals: ginseng, maca, ashwaghandha

Intramuscular injection or oral T

I have read & understand the above material. I have had the opportunity to ask questions. I give my voluntary informed consent to treatment. I may request a paper copy anytime.

Signature: _____

Date: _____