

# Low Testosterone



## What Is Low Testosterone?

Testosterone is a male sex hormone. It plays a key role in male sexual and physical health. Low testosterone, or Low T, is when a man's body does not make enough of the hormone. As men age, the amount of testosterone in their body gets lower. Low T can impact your sex drive, mood, bone health, and fertility. Conditions that may cause or contribute to Low T are:

- Obesity
- Type 2 diabetes
- Chronic kidney disease
- Liver disease
- Treatment with certain steroids or painkillers
- Injury or infection of the testicles



## What Are the Warning Signs of Low Testosterone?

- Feeling less interested in sex than normal
- Experiencing erectile dysfunction and infertility
- Having less muscle mass
- Having less beard and body hair growth
- Losing bone mass (osteoporosis)
- Developing breast tissue
- Feeling tired and having trouble concentrating



## How Is Low Testosterone Diagnosed?

- Your doctor will ask you questions about your symptoms and give you a physical exam.
- If you have signs and symptoms of Low T, your doctor may order a test to measure the amount of testosterone in your blood.
- If the blood test shows that you have Low T you may need more tests to help find out the cause. Talk to your doctor about which tests you may need.



## How Is Low Testosterone Treated?

Low T can be treated with testosterone replacement therapy. This can bring back sexual function and sex drive and improve your sense of well-being. It can also build muscle strength and prevent bone loss. This treatment comes with a doctor's prescription as an injection, patch, cream, or gel.

