

HEALTH TIPS

WHAT YOU CAN DO

Low T

Men with low testosterone (Low T) levels can have low energy and a drop in sex drive.



Maybe I have Low T?

Low T can cause:

- Poor erections.
- Low sperm count.
- Enlarged breasts.

Learn more about testosterone therapy and the:

- Changes in your body.
- Sexual desire and activity.
- Long-term monitoring.

Discuss all treatment options with your spouse or partner.

During your visit to the doctor's office or clinic ask about:

- A blood test to measure your level of testosterone.
- Medicines that may cause Low T.
- A testicle exam.
- A blood test to check your PSA and red blood cell levels before starting testosterone replacement therapy.

If you are given medicine to treat your Low T, take as prescribed.

Before you begin taking medicine for Low T, ask your doctor or pharmacist these questions:

- What are the side effects of my medicine?
- What should I do if I suffer a serious side effect?
- Can I take my medicine with my other medicines?
- How often should I take my medicine?
- Should I take my medicine with or without food?
- Are there foods or drinks I should not have while taking my medicine?
- If there are warning labels, what do they mean?

My next appointment is _____



Discuss treatment options with your partner.



Take Low T medications as prescribed.

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For more information, go to www.MedlinePlus.gov and search for "Low Testosterone."

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