

## **Testosterone Information Sheet**

Testosterone is one the primary sex hormones, but has many other important functions in the body. It helps to develop and maintain muscles and tendons, moves metabolism in the direction of energy and muscle building instead of storing fat, and improves libido (sex drive) and performance (if problems with performance are related to hormonal insufficiency). It also improves physical endurance, strength and muscle repair. Normal levels for men are, of course, higher than for women, but women also need testosterone for complete hormonal health, for all of the functions listed above. Mentally, testosterone is one of the principle hormones that provide the “vigor” in life, the desire to go out and do things, get the job done, perform, win, endure and create. That’s why I call it the “yes” hormone. There is a substantial amount of literature supporting Testosterone replacement in men with Diabetes Risk, or Metabolic Syndrome, as it helps a great deal in weight loss and reduction of the belly fat (under the muscle) which contributes greatly to insulin resistance.

### **How supplied:**

This medication comes in a 60-90 Gram tubes, pumps or jars and should not be refrigerated, but otherwise does not need any special handling. Never freeze hormones, or expose to extreme heat..

### **How Administered:**

Gel or cream can be applied to any non-hairy area, But do not apply to the breasts or scrotum, as this can cause faster conversion of the testosterone to its metabolites, estrone and DHT, and will not provide the desired results and may be harmful. For women, apply once in the evening or am. For men, apply twice daily over a large enough area that the gel or cream is completely absorbed into the skin. Do not bathe or shower for at least an hour after application. Don’t apply immediately before a workout if you sweat during the workout. This will cause your clothing to absorb your dose instead of you! Be aware of skin to skin contact with your partner or handling young children after using testosterone. Don’t apply to forearms if you carry a small child and wash hands well after application. It has been commonly reported that it transfers easily to their skin. 2-4 hours before skin to skin contact with partner is sufficient. If that much time is not available, apply to a site you are sure will not have contact, such as the lower back of the calf.

### **Possible side effects:**

No immediate side effects are usually noted, but increased facial and belly hair growth can occur in women, male pattern baldness can occur or accelerate in men, and acne can occur in both. These symptoms are usually reversible with dosage reduction, especially if early in the course of treatment. Agitation or increased aggressiveness is also a possible side effect. These effects are most often due to either metabolites or improper levels. Let us know if they occur. A test may be indicated or a discussion of how you are applying the dose.

### **Special Instructions:**

Do not take more than the prescribed dosage. Dosage should be measured carefully with the provided applicator and rubbed into the skin completely absorbed. Refrigerating or freezing will diminish potency of the medication.

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Your dosage is \_\_\_\_\_ If you have any questions or concerns or experience side effects, call us at 650-964-6700 or email us [at tmrinker@aol.com](mailto:tmrinker@aol.com). We will do our best to help you.