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YOUR GUIDE TO TESTOSTERONE REPLACEMENT THERAPY



lowcountry male



There is a truism in my field of medicine that states: “we don’t lose our hormones because we get old; we get old because we lose our hormones”. I have found this to be true time and again. Our inattention to our hormone loss has resulted in needless suffering, a loss of quality of life and even early death. It must stop, and we can stop it!

— Dr. Mike Bauerschmidt, Chief Medical Officer

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the role of testosterone in men

Testosterone is a hormone that makes you feel like a man. It is produced in your testicles and, to a lesser degree, in your adrenal gland. Testosterone governs your sex drive and sperm production. However, like all your other hormones, it does so much more than what you might think. Testosterone can affect most every cell in your body and governs things like how strong your muscles are, how deep your voice becomes, how much facial and body hair you have and even the strength of your erections. It also serves to protect your brain and heart.

Testosterone levels rise during puberty, causing teens to develop the characteristics of grown men. Levels generally peak in the late teens or early 20s. At roughly age 30, testosterone production begins to slow down by 1 to 3% each year. The result is that by age 40 male testosterone levels may be 40% or less than what they were at age 20.

Since the gradual drop in testosterone is so slow, a man may not notice any changes initially. But invariably, as his testosterone levels fall, so will his sex drive, his drive to succeed, his strength and his stamina. He may find it difficult to lose weight and without understanding why. He may also notice occasional erectile dysfunction, moodiness or sleep problems. This is the beginning of what we now recognize as andropause, the male version of menopause. This is also the time in a man's life typically associated with what is called a "midlife crisis."

Just because lower testosterone levels are a "normal condition of aging," it does not mean that nothing should be done to improve them. Testosterone not only affects a man's sex drive but also his overall health and well-being. That's why it is recommended that a specialist monitors hormone levels, beginning at or around age 30.

Please be aware that most medical practitioners are not trained to recognize hormonal imbalances nor are they prepared to deal with them appropriately. A physician that specializes in anti-aging or hormone replacement therapy is a doctor that is trained to recognize hormonal imbalances and treat them safely and effectively.



understanding andropause

Andropause is the name used to recognize a series of symptoms that are caused by a decline in testosterone levels as men age. The symptom complex can range from physical to psychological. One of the first things to go is libido. However, there are multiple other symptoms that can not only affect quality of life but also length of life. Lack of testosterone puts men at increased risk for age-related diseases such as heart disease, stroke and type II diabetes.

Low testosterone levels have been linked to:

- Decreased libido
- Lowered energy levels
- Excess abdominal fat
- Depression
- Loss of vitality
- Lack of concentration
- Memory loss
- Reduced strength due to loss of muscle mass

Decreased testosterone levels put men at increased risk for:

- Heart disease
- Coronary artery disease
- Stroke
- Prostate cancer
- Type II diabetes
- Rheumatoid arthritis

Any of these symptoms can be devastating emotionally as well as physically. They affect not only the quality of your life but also how long you can live. Fortunately, there are effective ways to rebalance your hormones and reduce the long list of problems caused by hormonal imbalance.



why more men don't seek treatment

Men are generally slow to seek help for their declining hormones for several reasons. First, until recently, little was known about how seriously loss of testosterone can affect men. Second, men in general are less likely to discuss their problems with a medical expert and therefore are less likely to learn about the benefits of therapy. Third, the symptoms tend to come on gradually, so many men don't notice them until they have almost "fallen off the cliff."

The biggest obstacle, however, that keeps men from seeking treatment is a characteristic associated with perceived manliness. Men typically prefer to power through their problems rather than be seen needing help. This is a shame, as the solution for all the symptoms men suffer can be as simple as testosterone replacement therapy.



how TRT can help

Just like hormone replacement therapy can help women deal with symptoms of menopause, testosterone replacement therapy or TRT helps men reduce and even remove the symptoms associated with lower testosterone levels.

If you suffer any of these symptoms or have heard about “low T,” you have likely tried various supplements or vitamins on your own. Some of these may have worked in the short-term, however, none of them will ultimately restore your testosterone to effective levels, sufficient to reduce your symptoms or your risk for disease. In short, you need qualified, medical intervention.

Restoring your lost testosterone will alleviate the symptoms of andropause as well as reduce the risk for potentially fatal disease such as heart attack and stroke. So, if you're suffering from lack of energy or drive associated with low testosterone, it's important for you to find the energy to act and visit us at Lowcountry Male.

Benefits TRT:

- Better memory and cognitive function
- Increased energy and endurance
- A leaner body
- Improved skin elasticity
- Increased sex drive
- Reduced belly fat
- Weight loss
- A greater sense of well-being
- Lower risk of age-related diseases



debunking the myths about testosterone replacement therapy

There has been a lot of controversy and misinformation surrounding the use of TRT. Most of this arose as a result of a misuse of TRT. Unfortunately, there have been many unscrupulous doctors that used the drugs in ways it was never intended to be used. Additionally, an early study tried to show a link between testosterone and prostate cancer. However, this study has long been proven wrong. The original study only looked at the association between castration and the reduction of cancer in men that had low testosterone to begin with. Subsequent studies, including one with over 60,000 VA patients, have shown absolutely no connection between the use of TRT and an increased risk of prostate cancer.

Further more, Dr. Morgantaler from Harvard University delivered scientific evidence showing that men with low testosterone levels are at an increased risk for prostate cancer.

There are multiple other studies showing that returning testosterone to physiologic levels reduces, not increases, the incidence of heart disease, heart attacks, strokes and Alzheimer's. Some of the studies that have tried to show an increase in risk of disease were done with synthetic hormones rather than the bioidentical hormones your body produces. Therefore, when used properly, TRT has benefits that far outweigh any possible negative consequences.



restoring your balance

As important as it is to get your testosterone levels back in a normal range, it is equally as important to balance all of your hormones. This means we must pay close attention to your thyroid, growth hormones, vitamin D, cortisol and metabolites of testosterone like estradiol and DHT.

The first step in achieving your optimal balance is scheduling a consult at Lowcountry Male to find out exactly where you stand with respect to these important hormone levels. After all, how do you know what direction to take if you don't know where you're starting from?

During your visit, our specialists will discuss the symptoms you have been experiencing and any impact they have had on your life. A good physician will always treat the patient, not just the patient's numbers. After a history and physical with a laboratory evaluation, our physician will sit down with you, discuss your goals and outline the best approach for you to achieve those goals. With your hormone levels, back to physiologic ranges, you'll once again feel like the man you once were and the man that your partner remembers.



the right treatment for you

There are several ways that TRT can be used, and it all comes down to your preference and your lifestyle. Whether you use pellets, injections or creams, the results will generally be the same. Each one has its own advantages and disadvantages; here's a look at each of the methods used at Lowcountry Male.

Pellets:

Implants were the first method of bio-identical TRT used in the United States. Sterile implantable pellets are placed in the fatty tissue in the upper portion of the buttocks. Although this does require a small incision, pellets provide a steady release of hormone over a period of 3 to 6 months. While the dosage cannot be adjusted until the time for the next implant, this method is low maintenance and lasts for months.

Injections:

While injections have a lot of controversy surrounding them because of misuse, it is a very common and reliable form of TRT. It requires the user to perform an injection every 7 to 10 days. Unlike creams, there is no worry about lack of absorption as it is injected into the muscle where it will be absorbed virtually 100%. The challenges presented by this method is remembering when you gave your last injection, because if you're on more than a weekly cycle or if the injection day occurs on a holiday, it is easy to get off schedule. Additionally, this method is also not for someone with needle phobia.

Bioidentical Creams:

Creams are a very convenient method of treatment as they allow testosterone to be absorbed through the skin. Additionally, it is very easy to adjust dosage. However, everybody's skin varies, so the amount of absorption varies from person to person. The user also must be careful to avoid transfer of the testosterone cream from their skin to other individuals for 30 minutes to 2 hours after application.



the lowcountry male approach

At Lowcountry Male, we believe in providing you with a healthy and fulfilling sex life. However, we are equally committed to ensuring that you live a long time while enjoying it!

To that end, our medical specialists, led by medical director Michael Bauerschmidt, MD, conduct a highly-specialized blood test panel to not only look at where you're deficient in your Hormones but will also evaluate your risk for heart disease, inflammation, slow metabolism, and general nutritional deficiencies. We then combine that with a thorough history outlining your personal goals and lifestyles along with a comprehensive physical exam to create your Vita ID. This customized report will create the individual protocol to not only reach your optimum hormone levels but also to counteract the signs and symptoms of aging and reduce the risk of an early death or disability.

Our ultimate goal is to give you a longer and healthier sex life.

what are you waiting for?

It has never been easier to slow the aging process and live a longer, healthier life. TRT and our personalized approach to age management will counter the symptoms of andropause and protect you from the risks of serious diseases. Why spend the last of your years debilitated or in a nursing home when renewed energy, optimal health and a greater sense of well-being have never been easier to attain?

Call Lowcountry Male today to schedule your appointment and begin your journey to a longer, healthier life.



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