

TESTOSTERONE

WHAT IS TESTOSTERONE?

Testosterone is a hormone produced by both men and women. It is not just a male sex hormone. In men, testosterone is primarily produced in the testes and, to a lesser extent, in the adrenal glands. In women, testosterone is produced in the ovaries, adrenals and a little in the skin, brain and liver.

WHAT DOES TESTOSTERONE DO?

Testosterone behaves differently in the bodies of men and women but it plays a very important role in the overall health and well-being of both sexes. In males, testosterone builds muscle, enhances sex drive, elevates mood, prevents osteoporosis and increases energy. In females, testosterone enhances the sex drive, helps relieve menopausal symptoms, restores energy, strengthens bone, elevates mood and increases the sensitivity to sexual pleasure in the nipples and genitals.

WHAT ARE THE BENEFITS AND RISKS OF TAKING TESTOSTERONE?

Testosterone can improve the energy and strength in both men and women. It has a “tonic” effect on the body. Reports indicate that adequate levels of testosterone can help prevent heart disease, stroke and vascular disorders such as diabetic blindness. Men have the added risk of prostate cancer. In women, side effects such as oily skin, acne and increased facial hair are dose related. When dosed properly, these problems rarely occur.

HOW DO I TAKE TESTOSTERONE?

The oral capsules may be taken with or without food (with food if stomach upset occurs). The transdermal cream and gel formulations should be applied to “soft tissue,” the abdomen, inner thigh or the inner arm. Sublingual tablets or troches should be dissolved between the cheek and gum.