



## Low testosterone can negatively affect men of all ages. Testosterone Replacement Therapy is a safe and effective option for getting your life back.

If you don't have the energy to get through the day, if you can't remember the last time you and your spouse had sexual intercourse, and notice your relationships and work are suffering; it may be your testosterone levels affecting your ability to live your best life.

As we age, natural testosterone levels decline, but low testosterone can also be caused by many issues, including medical conditions, obesity, poor diet, alcohol use/abuse, stress, and anxiety. If you notice any of the following symptoms, you may be a candidate for Testosterone Replacement Therapy:

- Lack of motivation and drive
- Athletic performance decline
- Muscle loss and decreased muscle strength
- Weight gain and belly fat
- Constant Fatigue/lack of energy
- Lack of focus and concentration
- Low sex drive
- Depression and anxiety
- Poor sleep
- Joint pain
- Crabby/irritable
- Brain Fog
- Erectile dysfunction

Low testosterone may also be contributing to health conditions such as obesity, high cholesterol, diabetes, and high blood pressure. If you have a medical condition, your physician will help you determine if this therapy is appropriate.

Testosterone Replacement Therapy works to replenish your testosterone levels back to an optimal level for you and maintain them at a safe level through regular blood testing. There are several types of testosterone treatments available; however, we recommend injections. Overall patients see the best benefits from testosterone injections.

**Schedule your FREE consultation today. A simple blood test can get you back in the game.**

### Benefits of TRT

- Restored confidence and swagger
- Improved relationships and stronger family
- Improved job performance and work relationships
- Regain the desire for sex and intimacy
- Increased energy
- Renewed motivation and drive
- Better workouts and recovery
- Improved muscle mass and strength
- Decreased weight and belly fat
- Improved cardiovascular health
- Better concentration and focus
- Improvements in erectile dysfunction
- Overall health improvement, reducing or eliminating the need for pharmaceutical treatments
- Typically patients begin to see results in with two to three months, optimal results usually achieved after six months of therapy

### Testosterone Replacement Process

1. Initial Consultation – includes a full diagnostic blood test, understanding around your medical history, symptoms, and goals.
2. 3-4 Days Follow-up Consultation – review lab results, discuss treatment options and personalize a plan to help you reach your goals.
3. Testosterone Replacement Therapy – includes weekly or twice-weekly injections, close monitoring of your progress, and retesting of your hormone levels each month to ensure our plan is on track.





## What we are looking for when we draw your blood for a low testosterone test.

For your initial blood tests, we are looking to establish a baseline or what appears to be a 'normal' level for you. Testosterone levels typically range from 200 on the low-end up to 1000 units in men. While many in the medical community look at 300 as the 'magic' number, men can be symptomatic at higher levels. Our physicians use laboratory data to establish your optimal range and keep you there.

The appropriate diagnosis, treatment, and monitoring of low testosterone require taking into account the following:

- Total Testosterone
- Free Testosterone
- SHBG (Sex Hormone-Binding Globulin)
- Estradiol (E2)
- LH (Luteinizing Hormone)
- FSH (Follicle Stimulating Hormone)
- Thyroid Panel
- CBC (Complete Blood Count)
- Comprehensive Metabolism

With your report in hand, our physicians take a deep dive into your overall test results, as well as your symptoms. We will meet to discuss your symptoms and goals and determine your plan, including TRT, if necessary. Here are just a few of the things we are looking for:

- Your total testosterone, the testosterone attached to the proteins in your blood may be normal, but the free testosterone, the testosterone that is not bound to proteins and is, therefore, available to your body for use, may be low.
- You may have normal testosterone levels but your Estradiol (estrogen) levels are elevated, which means your body is converting free testosterone into estrogen.
- Excess weight gain can lead your body to convert testosterone into estrogen, therefore giving you more belly fat and causing the cycle to spiral out of control.
- Cortisol levels can have physiological effects that can suppress your testosterone production.

With proper diagnosis and management of your condition, you are taking control. Schedule a Free consultation today.

## INSURANCE / PAYMENT FAQs

### What does it cost to find out our if TRT is right for me?

Your initial consultation is no charge. Any additional out-of-pocket costs would be discussed before any procedures or blood draws.

### Will insurance cover my TRT treatments?

The magic number is usually around 300 units for insurance to cover TRT therapy. However, it will depend on which insurance carrier you have. We check your coverage before treatment.

### What is the cost if I start a TRT program with insurance?

Costs are determined by your specific insurance plan. Generally, there will be deductibles, co-pays, co-insurance and max out-of-pocket that will be your financial responsibility. Upon starting a TRT regimen, we will discuss payment options that cover deductibles and co-pays.

### What are the typical costs if I have insurance?

Costs vary depending on your share of financial responsibility. We can set-up affordable payment plans to cover your out-of-pocket expenses.

### Can I still get treatment without insurance or if insurance elects not to cover treatment?

If insurance elects not to cover treatment, elective treatment is still an option. We will discuss affordable cash payment options during your follow-up consultation.

### Which insurance companies do you accept?

We are in-network with many major health insurance providers (except for Medicare and Medicaid). We can check your coverage before treatment.

### How do I pay for treatments?

Whether covering deductibles, co-pays, out-of-pocket costs for insurance or you are paying cash for treatment, we accept all payment forms including HSAs, Flex Spending, debit/credit cards, cash, and checks.

