

How will I feel if I have...

Low Testosterone (or low T)?

Testosterone production typically decreases as men age. It stimulates a man's sex drive and sperm production, and also helps build muscle and bone mass.

It is mainly produced in the testicles of men.

Because of that, men may experience a range of symptoms simulating menopause in women; thus considered male-menopause, or "andropause". Low T (or male hypogonadism) is diagnosed when the testosterone level in the blood falls below the normal range. This range may vary. Symptoms are often subtle and can be mistaken for a natural part of aging.

Low Energy or Fatigue

Men with low T have reported a noticeable decrease in energy levels and feel tired all the time, despite getting plenty of sleep. You may find it harder to get motivated or be active.

Mood Swings

Men with low T can experience similar symptoms to women during menopause when their levels of estrogen drop. Testosterone can influence your mood, and can even cause irritability, depression, or inability to focus.

Loss of Bone Mass

The thinning of bone mass (osteoporosis) is a more common condition women experience, but men with low T can also experience bone loss. They have a greater chance to have bone fractures because testosterone aids in the strengthening of bone. This is especially true for men who have had low T for many years.

"You can feel like yourself again!"

-Dr. Moosa



More Body Fat

Men with low T might experience an excess of body fat. They sometimes develop "gynecomastia", or enlargement of the breasts.

Losing Muscle Mass

Because testosterone plays a role in the building and strengthening of muscle, men with low T might find it difficult to build or rebuild muscle, or notice a decrease in both muscle mass and strength.

Erection Problem

Testosterone aids in achieving an erection. When your testosterone levels are low, you might have difficulty achieving an erection.

Decreased Sex Drive

Testosterone plays a major role in libido (sex drive). Someone with low T will likely experience a more drastic drop in his desire to have sex, although sex drive does decrease as you age.

Losing Hair

Testosterone plays a role in many body functions, which includes hair production. Men with low T may experience loss of facial or body hair.

Your testosterone levels get lower over time. Ask your doctor to conduct a blood test to see if your testosterone is low, and get back to feeling like yourself again.