



Testosterone Replacement Therapy for Women- Overview

Testosterone is an important hormone for women.

It plays a role in:

- Energy
- Motivation
- Libido
- Muscle mass & strength
- Mood
- Cognitive function
- Bone health

Low levels of testosterone can cause:

- Fatigue
- Brain fog
- Low sex drive
- Reduced motivation
- Decreased exercise recovery
- Decreased muscle mass
- Lower overall sense of well-being

OVERVIEW OF TESTOSTERONE THERAPY

- Testosterone levels typically decline slowly from your 20s through your 40s.
- Many women will notice symptoms when their total testosterone level drops below 30-40.
- Testosterone replacement can help with energy, sleep, mood, libido, weight management, skin and hair, muscle mass, exercise stamina, and more.
- We can replace testosterone via a few different routes. The most common are:
 - **Topical compounded cream** applied once daily in the morning
 - ~\$120 for 2-3 month supply
 - Cream is applied to inner arms, thighs, or a few other sites every morning
 - You need to avoid bathing, sweating, or exposing other people or pets to cream site for 2 hours
 - **Subcutaneous injections** administered 1-2 times weekly
 - ~\$120 for 3 month supply
 - Very small injections typically administered in lower abdomen
- Testosterone therapy is not yet FDA approved for women (even though we have a lot of safety and efficacy data). Since it is not FDA approved, it is considered an “off-label therapy”, and insurance does not cover it.

POSSIBLE SIDE EFFECTS OF TESTOSTERONE THERAPY

- Most side effects - especially any significant side effects - are caused by a dose that is too high.
- If your dose is too high, you may experience excess hair growth to face or body, acne, oily skin and hair, weight gain, anger, or mood swings
- Less common side effects associated with a dose that is *much* too high include male pattern hair loss, deepening of voice, and clitoral enlargement
- More common side effects include mild nausea, irritability, increased hunger, sleep disturbances, or just feeling a little off at first. These typically resolve with a little time adjusting to the medication.

★ **Our goal with testosterone therapy is to help you feel your best and to optimize your health and longevity.**

★ **We follow up 1 month after starting or adjusting testosterone therapy then every 3 months when you are on a stable regimen.**

★ **We monitor labs at least every 3 months.**

★ **You will need to check your blood pressure at home at least once a month.**

Please reach out with any questions, we are here to help!

WellKC

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IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG