

# Hormone Replacement Therapy

for Men

blue sky<sup>MD</sup><sup>™</sup>

**Low testosterone has a multitude of effects.** Most common symptoms include low energy and fatigue, low libido, and depressed mood. However, low testosterone is also associated with decreased muscle mass, lower bone density, and anemia. HRT is even being studied as a treatment to increase functional cardiac capacity in patients with congestive heart failure. Some hospitals are changing their standards of care to check for and replace low testosterone after cardiac bypass procedures.

Testosterone levels begin to decline in men starting in their early 30's. The majority of men maintain adequate levels into their 50's. However, testing should occur when signs of low testosterone arise.

Benefits of increasing testosterone to therapeutic levels include: improved sense of vitality, increased libido, decreased erectile dysfunction, improved energy level, decreased irritability, improved concentration, and an increase in lean muscle mass and bone density. Testosterone also effects body composition to help with a trimmer waistline.



# Hormone Replacement Therapy for Men

**At Blue Sky MD,** we offer a number of treatment options for low testosterone:

- Testosterone pellets
- Testosterone injections
- Clomid (Clomiphene)

Testosterone pellets are a bioidentical, compounded medication that is inserted subcutaneously. The pellets slowly dissolve, releasing a steady amount of testosterone lasting 4 to 6 months, making the pellets the preferred treatment method. This method allows for individual dosing and more consistent testosterone levels, without increased clotting factors or liver functions seen with oral testosterone products. Rarely pellets can work their way out (extrude) or there can be an infection at the insertion site.

Testosterone injections bypass the liver metabolism associated with oral medications. This is a cost effective option for testosterone replacement, traditionally given in an intramuscular injection every 3 to 4 weeks. This approach leads to peaks and troughs in testosterone levels. To minimize this drop in testosterone levels, a weekly dose will be given to achieve as stable a level as possible. The dose can be easily titrated to achieve the desired testosterone level, in the high normal range.

Clomid is a selective estrogen receptor modulator. It blocks estrogen which has a feedback loop to increase LH (luteinizing hormone), which leads to increased testosterone production by Leydig cells in the testes. It is a daily pill, which can double the baseline testosterone level, however, it does not work for everyone.

**We look forward to treating you with the most appropriate method in order to achieve hormonal balance and quality of life.**

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