



## PATIENT INFORMATION & EDUCATION

### HORMONE REPLACEMENT THERAPY

#### Testosterone

available in Topical Creams / Troches

Pronounced (tess-toss-ter-own) - is a common hormone predominant to males but also produced by the human female and found in both men and women in appropriately balanced amounts according to gender. In men with an imbalance of this natural hormone, multiple undesirable symptoms such as: mood swings, chronic fatigue, headaches, irritability, anxiety and water retention are not uncommon. With long term imbalances, serious medical conditions can develop, such as: depression, weight gain, decreased libido, muscle mass loss, memory loss, lethargy and loss of energy, and osteoporosis.

Experiencing undesirable symptoms on a regular basis, such as: Decreased mental clarity, Decreased muscle strength, Decreased stamina, Decreased urine flow, Depression, Erectile dysfunction, Bone loss, Hot flashes, Increased abdominal fat, Increased urge to urinate, Irritability, Low sex drive, Mood swings, Night sweats, Poor concentration, and Sleep disturbances should be reported and discussed with your physician. If you experience these signs or symptoms regularly, you may have testosterone deficiency. Other medical conditions — such as liver disease, hypothyroidism and depression — can cause these effects as can certain medications, including beta-blockers, painkillers and certain drugs for depression or anxiety. In addition, some healthy men encounter these changes as a part of the aging process, possibly because of declining hormones other than testosterone. Talk to your doctor if you're experiencing any of these signs and symptoms. He or she can help determine the likely cause and suggest the best treatment plan. Hormone deficiency can be serious, but is treatable. Naturally occurring testosterone can be complimented or completely supplemented with bio-equivalent hormone replacement therapy and can restore sexual function, muscle strength, prevent bone loss and protect against heart disease (atherosclerosis) in men. Also, many men taking testosterone report an increase in energy, sex drive, and well-being.

This hormone is easily absorbed through the skin in cream form, or through the mucous membranes from pleasant tasting dissolvable troches under the tongue. Either of these hormone replacement methods can help your body reach normal hormone levels in a relatively short period of time, and help to maintain normal levels for as long as you continue to use them. Testosterone is an extremely important hormone in men for maintenance of muscle mass, bone density, memory function, and energy, and in women for their continued healthy sex drive and bone density. This hormone in conjunction with a balanced diet and exercise program is essential to the maintenance of a healthy body, healthy mental well-being, and healthy libido for both men and women.

#### **INSTRUCTIONS AND DIRECTIONS FOR USE**

Take medication according to instructions received from your physician and pharmacist and according to directions on your medication package. Creams should be applied to clean dry skin, usually thin skin areas such as inner wrists, arms, and abdomen. Avoid applying to open sores or

broken skin. Rub creams in well, usually two to three minutes, or until a feeling of heat is generated from friction resulting from the cream being completely absorbed into the skin. Apply hormone creams in the amounts and frequency AS DIRECTED by your physician and pharmacist. After applying this medication, wash hands thoroughly with soap and water to avoid accidental contact with spouse, children, or pets. Medication should be stored at room temperature from 70 to 77degrees F (22 to 25 degrees C), in a tightly closed container. Avoid exposing medication to extreme heat, cold, moisture, and direct sun or bright light. Brief storage between 59 and 86 degrees F is acceptable during travel or other situations. If YOU MISS A DOSE OF THIS MEDICATION and are only taking it at bedtime, apply the missed dose the following morning and then resume your evening dosing schedule. If YOU MISS A DOSE OF THIS MEDICATION and are taking it both in the morning and the evening, skip the missed dose and resume your regularly scheduled morning and evening dosing schedule. DO NOT double the dose during your dosing schedule to make up for a missed dose. Contact your physician if your hormone deficiency symptoms do not begin to resolve after 4 to 6 weeks of therapy, or if your symptoms worsen.

## **SIDE EFFECTS**

Side effects of this medication may include: nausea, vomiting, headache, dizziness, hair loss, development of facial hair, redness, or swelling of the skin, or change in skin color, or acne if using creams. If you experience any of these side effects for an extended period, notify your pharmacist or physician. The following side effects are rare but are considered serious: trouble urinating, mental depression and thoughts of suicide, or major mood swings, significant weight gain, weakness, stomach/abdominal pain, dark colored urine, yellowing of the skin or eyes, severe leg cramps, calf tenderness / swelling / hot spots / redness / pain, breathing problems, chest pain, difficulty speaking / walking / memory loss, and any numbness or vision problems. If any of these symptoms develop, notify your physician immediately.

## **PRECAUTIONS**

Before using these medications, consult with your physician and pharmacist informing them of your complete medical history, allergies to food and medications, and all prescription and over-the-counter medications you are taking. Inform them of: liver problems, heart problems, kidney problems, diabetes, high cholesterol levels, high blood pressure, difficulty breathing, snoring or sleep apnea cancer, immune deficiency disorders, clotting problems, bowel or bladder disorders. All testosterone products may cause dizziness, especially during initial phase of use. Use caution engaging in activities requiring mental alertness such as driving or operating machinery. Limit consumption of alcoholic beverages, especially during the initial phase of use, or until you know the effects of this medication and how you react to it. If this medication is accidentally introduced into your eyes, rinse and flush eyes immediately with clean, warm water. Seek medical attention if necessary.

For women using this hormone replacement, DO NOT USE ANY TESTOSTERONE MEDICATION IF YOU ARE PREGNANT, OR SUSPECT YOU ARE PREGNANT, or until you have consulted with, or been instructed by your physician to take this medication during pregnancy. THIS MEDICATION IS EXCRETED IN BREAST MILK. IF YOU ARE, OR WILL BE BREAST FEEDING while using this hormone, consult with your physician, pediatrician, and/or pharmacist about potential risks to your baby.

## Additional Reference Materials

Hormone Balance For Men: What Your Doctor May Not Tell You About Prostate Health and Natural Hormone Supplementation [\(Found in the Compounding Specialists of Wyoming Book Store\)](#)

John R. Lee, M.D.

This booklet provides answers to those who have read Dr. Lee's previous works and wished for the same kind of information about hormone balance for men. It explores the various hormones men make and how they work. Did you realize that men can have estrogen dominance? You can find out about it in one of the sections about prostate problems. Some of the other topics covered are hormonal imbalances, prostate cancer, PSA count, natural hormone supplements, and current research.

The Irritable Male Syndrome: Understanding and Managing the Four Key Causes of Depression and Aggression [\(Found in the Compounding Specialists of Wyoming Book Store\)](#)

Jed Diamond (Rodale Press, Inc.)

The best-selling author of Male Menopause offers this life-transforming book about how to overcome the mood and behavior changes brought on by fluctuating hormones that affect up to 30 percent of all males. Jed Diamond examines the reasons why so many loving husbands, fathers, and sons suddenly become irritable, angry, and withdrawn. Identifying four common triggers for Irritable Male Syndrome (IMS) — including fluctuating testosterone levels, biochemical imbalances, loss of masculine identity, and stress — Diamond shows how to detect, understand and treat this condition that affects so many men, particularly those in adolescence and mid-life.