



What is testosterone?

Testosterone is the main male sex hormone. It enables a man to produce sperm, as well as to develop muscles, facial hair and other masculine features.

Why is it significant?

Low levels of testosterone may be responsible for a decline in sperm count and sex drive, along with subtle changes in physical appearance. Insufficient testosterone is a major cause of fertility problems.

What else should I be aware of?

If you're getting testosterone supplementation in the form of a patch or gel, make sure that women and children don't touch the area of your skin where it's applied.



Low Testosterone Levels

MakingHealthHappen.com

What can I do?

- ✓ Low testosterone levels are often associated with depression, anger and fatigue. Counselling can help.
- ✓ Having low testosterone levels is nothing to be ashamed of. Still, it's normal to feel upset. Give yourself permission to feel the emotions you do and to ask for (and receive) your family's support.



- ✓ If you're having testosterone supplementation, get screened regularly for prostate cancer. Let your doctor know if you experience any trouble breathing or frequent or unusually long-lasting erections.
- ✓ Learn more about low testosterone levels by going to www.makinghealthhappen.com.

What can I take?

Testosterone supplementation will help to boost your body's testosterone levels. It can be taken in the form of injections, gels and patches, or gum tablets. Talk with your doctor about whether testosterone supplementation might help and what form of this treatment would work best for you.



Go to MakingHealthHappen.com and enter **hw27307** in the search box to learn more about Low Testosterone Levels.

