



Is testosterone therapy safe?

What the biggest study ever done actually found

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THE WORRY



For years, testosterone carried a scary heart warning.

Regulators warned it might raise the risk of heart attacks and strokes — even though the proof behind that warning was shaky.

SO THEY RAN THE BIGGEST TEST EVER

5,200+

men, followed for about 3 years — the largest testosterone trial in history.

And these weren't healthy young guys. They were older men who already had heart trouble or were at high risk — the toughest test you could design.

THE HEART RESULT



No rise in heart attacks, strokes, or heart-related deaths.

Men on testosterone had the same heart risk as men on a dummy treatment. No extra danger.



Same heart risk as placebo.

THE PROSTATE RESULT



No increase in prostate cancer or prostate problems.

Another long-standing fear that didn't hold up. The rates were low — and the same as the dummy treatment.

AND A FEW REAL BONUSES



More energy

Low blood count (anaemia) was corrected



Better sex drive

Desire and activity improved



Blood thickness was fine

No link to heart risk — reassuring

Safety first — with some genuine quality-of-life wins.

BUT WHAT ABOUT THE SCARY HEADLINES?



**A few small signals showed up —
with a simple explanation.**

Frail older men felt better and suddenly moved more. That can briefly raise things like minor falls or an irregular heartbeat — a sign of renewed activity, not organ damage.

THE BOTTOM LINE



For the right men, testosterone therapy is safe.

Prescribed for a real diagnosis, dosed to normal levels and monitored by a doctor, the largest study to date says it's safe for the heart and prostate.

Educational only — not medical advice. Testosterone is a prescription treatment; always work with a doctor.

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