

MEN'S HEALTH

Does TRT Cause Infertility?

Yes, it usually lowers your own sperm production. That is the honest core answer, not the whole story.

Swipe

THE WORRY

You want to feel well. You also want a family.

Low energy, low drive, low mood, TRT could fix that. But you've heard it can cost you fertility, so you feel stuck.

WHY IT HAPPENS

Outside testosterone switches off your own signals

Your brain senses plenty of testosterone already circulating, so it turns off LH (make your own testosterone) and FSH (make sperm). Signals off, sperm production winds down.

THE EFFECT

Low count, or none at all

The result can be a low sperm count (oligospermia), no sperm at all in the semen (azoospermia), and some testicular shrinkage.

NOT A SCARE STORY

The Endocrine Society says the same thing

Its 2018 clinical practice guideline recommends against starting testosterone therapy in men planning fertility in the near term, precisely because of this suppression.

THE FIX

hCG keeps the fertility signal switched on

hCG mimics the brain's own LH signal, so the testicles keep making testosterone and sperm even alongside therapy. hMG adds the FSH signal when more support is needed.

AFTER STOPPING

Recovery usually happens, but timing varies

For most men fertility comes back after stopping, but recovery can take anywhere from a few months to over a year and cannot be promised in advance.

THE BOTTOM LINE



Tell your doctor before you start

That one conversation opens options that are much harder to arrange later. Choose a fertility-preserving protocol from the start, rather than trying to rescue it afterward.