

MEN'S HEALTH



GP vs Endocrinologist for TRT: Why Who Treats You Matters

Testosterone is the easy part. The real skill is getting the best possible result while staying safe.

Swipe

THE OLD BELIEF

·A GP Can Prescribe It, So Why See A Specialist?·

Legally, yes, a GP can start TRT. But starting it and managing it well are two different things.

STEP ONE

A Real Diagnosis First

Symptoms confirmed with comprehensive blood work, not a single reading.

STEP TWO

A Protocol Built Around You

Dose, form and supporting care matched to your biology and goals, not a one-size-fits-all script.

STEP THREE

Monitoring That Never Stops

Testosterone, plus estradiol, hematocrit, PSA, and cardiovascular and metabolic markers, reviewed and fine-tuned over time.

STEP FOUR

Fertility, Planned From Day One

A specialist can keep you on treatment while adding hCG, with hMG where needed, to keep your own production active.

WHY IT MATTERS HERE

Two Specialties On One Case

Endocrinology covers the hormones.
Internal Medicine covers everything
testosterone touches: heart, blood, kidneys
and liver.

THE BOTTOM LINE



In Range Is Not The Same As Optimized

The goal is the fullest result your biology safely allows, and the safety to enjoy it long-term.