

HORMONE HEALTH



Low Testosterone Is a Diagnosis, Not a Single Number

Told your testosterone is normal but you still feel awful? That is not the end of the story.

Swipe

THE OLD BELIEF

Told You're Normal? That Can Still Be Wrong

A total testosterone number can sit inside a wide reference range while the part that actually does the work is low, and your symptoms say otherwise.

WHAT GETS MISSED

Most of Your Testosterone Is Locked Up and Inactive

Free testosterone is the small, unbound part your body can actually use, and it is often the number that tells the real story.

THE THRESHOLD

Below 300 ng/dL, Confirmed Twice

Measured on a fasting morning sample and confirmed on a repeat. The AUA uses 300 ng/dL; the Endocrine Society harmonised lower limit is 264.

FINDING THE CAUSE

Same Low Number, Two Different Causes

LH and FSH separate primary hypogonadism (testes underproducing, LH/FSH high) from secondary (pituitary signal low, LH/FSH low or normal), and it changes the right treatment.

BEFORE TREATMENT

Two Numbers Checked Before You Start

A baseline hematocrit above 48% is a reason not to start; men 40 and older also get a PSA check first.

THE HONEST READ

What It Reliably Helps, and What It Doesn't

Sexual function, mood, bone density and lean mass reliably improve; the evidence for energy and vitality is weaker.

THE BOTTOM LINE



Monitored, Not Handed Over and Forgotten

Testosterone and hematocrit are rechecked at 3 to 6 months and then yearly, with PSA follow-up; a hematocrit above 54% means stopping treatment and a referral.