

**HORMONE HEALTH**

# Signs of Low Testosterone in Men: What to Actually Look For

It rarely arrives with a bang. It creeps in over years, and its signs are easy to blame on stress, age, or a busy life.

**Swipe**

## THE OLD STORY

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# It's Just Stress. Or Age. Or a Busy Stretch.

That is exactly what most men tell themselves first, because the changes come on so slowly they never look urgent on their own.

## THE SEXUAL SIGNS

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# Lower Drive, Weaker Mornings

A fall in sex drive, fewer or weaker morning erections, and greater difficulty getting or keeping an erection: on their own each has many causes, but together they form a telling pattern.

## THE PHYSICAL SIGNS

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# Fatigue Sleep Doesn't Fix

Persistent fatigue and low energy, a gradual loss of muscle and strength, more body fat around the belly, and reduced stamina in the gym.

## THE MOOD AND MIND SIGNS

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# The Fog You Can't Quite Name

Low mood or irritability, a loss of drive and motivation, and a foggy, less sharp feeling: real and common, but the least specific signs on their own.

## THE HONEST PART

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# Symptoms Alone Are Not a Diagnosis

The Endocrine Society guideline is clear: a diagnosis needs both typical symptoms and blood tests showing consistently low testosterone measured in the morning.

## WHO'S AT HIGHER RISK

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# Age, Weight, and a Few Medications Raise the Odds

Risk rises with age, obesity, and type 2 diabetes, with certain medications, and with a previous problem affecting the testes or pituitary gland.

## THE BOTTOM LINE



# Very Treatable, Once Confirmed

You do not have to just live with feeling flat. Once a simple blood test confirms what is going on, low testosterone is very treatable.