

MEN'S HEALTH



A Quarter Have Low Testosterone

Idiopathic is not a mechanism. It is a record of where the search stopped.

Swipe

THE OLD BELIEF

·Idiopathic· Was Treated as a Dead End

In about four of ten male infertility cases, no cause is found and the file is closed with one word.

THE STUDY

214 Men, 224 Controls, One Question

A 2024 case-control study compared 214 idiopathic infertile men with 224 normozoospermic controls.

THE NUMBER

23.8% vs 4.5%

23.8 percent of the infertile men had a total testosterone below 3.5 ng/mL, against 4.5 percent of controls. $p < 0.001$.

THE MECHANISM

The Pituitary Was Pushing Harder

FSH was higher in cases, LH did not differ, and the testosterone-to-LH ratio was lower, the signature of functional hypogonadism.

THE HONEST LIMIT

You Cannot Guess Who Has It

The low and normal groups did not differ on semen results. History and semen analysis could not predict the low testosterone men. Only a blood test could.

THE WRONG MOVE

Testosterone Therapy Is Not the Fix

Taking testosterone raises the blood number while switching off the pituitary signal that sperm production actually depends on.

THE BOTTOM LINE



It Changes the Assessment, Not the Prescription

Was testosterone measured fasting in the morning? Where did the number fall? Was the exclusion work genuinely done? Those questions come before any treatment decision.