

HORMONE HEALTH

Testosterone in Women: The Hormone That Is Rarely Replaced

Your ovaries keep making testosterone long after they stop making estrogen.

Swipe

THE OVERLOOKED HALF

Estrogen Gets Replaced. Testosterone Usually Does Not.

At menopause the ovary stops making estradiol, but it keeps secreting testosterone. The decline is gradual and easy to miss, which is why it is rarely even discussed.

WHAT THE GUIDELINE SAYS

The Only Evidence-Based Use: HSDD

The 2025 European Society of Endocrinology guideline is explicit about where the evidence actually stands.

THE 2025 STUDY

510 Women. Four Months. Three Numbers.

Women already on HRT added transdermal testosterone for four months, on top of existing treatment.

THE SCORE DROP

Symptom Scores Fell by a Third

Mean symptom scores fell 33, 34 and 22 percent across the three measures.

THE CATCH

No Control Group. No Placebo Arm.

The researchers call it a pilot study and say randomized trials are still needed before this can be called proven.

WHAT IT IS NOT

Not a Bone Treatment. Not a Tonic.

Adding testosterone to estrogen does not raise bone density further, and it is not given for a longevity effect in women without symptoms.

THE HONEST SUMMARY



Right Dose, Right Route, or Not at All

The bottom line, stated the way the article states it.