



Reduced sex drive? Feeling Irritable with lack of energy?....You may be suffering from Man-o-pause

Testosterone is a hormone produced by the testicles and is responsible for the proper development of male sexual characteristics. Testosterone is also important for maintaining muscle bulk, adequate levels of red blood cells, bone growth, a sense of well-being, and sexual function.

Men with low testosterone may feel tired or lack of energy, have reduced sex drive and sexual performance and may be irritable or depressed. They may also notice a loss in muscle mass, reduced strength, and more fat around their waist and body.

Long standing low testosterone can reduce bone mineral density, increasing the risk for osteoporosis (loss of bone mass).

Because the symptoms of low testosterone are often subtle, and similar to those caused by other medical conditions, it often goes untreated.

How Do I Find Out If I Have Low Testosterone?

The only accurate way to detect the condition is to have your doctor measure your testosterone level with a simple blood test.

How Is Low Testosterone Treated?

Testosterone deficiency can be treated by:

- Testosterone Pellets (convenient testosterone therapy preferred by most men)
- Intramuscular injections, generally every 1 to 2 weeks
- Testosterone patch worn on the skin under your clothes
- Testosterone gel (applied daily to skin)
- Mucoadhesive material applied above the teeth twice a day

Each of these options provides adequate levels of hormone replacement; however,

they all have different advantages and disadvantages. Talk to your urologist to see which approach may be right for you.

What are Testosterone Pellets?

Pellets are about the size of a grain of rice. They can be inserted during a brief visit in your doctor's office.

It takes only about ten minutes and is virtually pain free. The doctor will first numb an area on your hip then insert the pellets through your skin and into the fat on your buttocks.

The number of pellets you receive with each treatment will be determined by the dosage of testosterone you need, and may be up to 12 at a time.

Pellets offer convenience in testosterone therapy and are covered by most insurances.

Why go to the urologist for male hormone replacement therapy?

A urologist is a medical doctor that specializes in the male reproductive system as well as ailments and diseases that affect the kidneys, urinary tract, prostate and male sex organs. They also have training in urological surgery.

Testosterone replacement therapy involves much more than just writing a prescription or giving an injection for testosterone. Many different types of doctors can help you with most ailments but unless they specialize in hormone therapy for men, they may lack the clinical experience necessary to understand the intricacies of balancing male hormones such as testosterone.

If you think you may need an evaluation for low testosterone, please contact our office to make an appointment. Your visit and, if needed, testosterone replacement therapy (all types, including pellets) are covered by most insurances.



GET TO KNOW THE WRITER...

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Dr. Jayson completed his undergraduate studies at Tuft's University. He graduated with honors from Jefferson Medical College in Philadelphia and went on to training at Yale University School of Medicine where he also served as Chief Resident in Urology. He practiced in New York until relocating to South Florida eight years ago. He currently practices adult & pediatric urology in Pembroke Pines, treating men, women & children of all ages.