

# TESTOSTERONE:

## YOUR HORMONE MAKEOVER GUIDE

Welcome to an often-overlooked aspect of women's hormonal health – testosterone! As part of your Hormone Makeover, it's important to understand that women need testosterone too, albeit in smaller amounts than men. This powerful hormone plays crucial roles in maintaining muscle mass, bone density, cognitive function, and libido. This handout will guide you through the symptoms of low and high testosterone, its benefits, and usage information. By understanding testosterone's role in your body, you'll be taking an important step in your Hormone Makeover journey towards optimal hormonal balance and overall well-being.

### SYMPTOMS OF LOW TESTOSTERONE:

- Decreased libido or sex drive
- Difficulty achieving orgasm
- Fatigue or low energy
- Decreased muscle mass and strength
- Loss of bone density (osteoporosis risk)
- Weight gain, especially increased body fat
- Mood changes (depression, irritability)
- Decreased motivation or sense of well-being
- Poor concentration or memory issues
- Thinning skin and increased wrinkles
- Hair loss or thinning
- Joint and muscle pain
- Sleep disturbances
- Incontinence

### SYMPTOMS OF EXCESS TESTOSTERONE:

- Acne or oily skin
- Excess body hair growth (hirsutism)
- Thinning of scalp hair
- Deepening of the voice
- Enlarged clitoris
- Irregular menstrual cycles
- Increased aggressive behavior
- Mood swings
- Polycystic ovary syndrome (PCOS) symptoms

### BENEFITS AND FUNCTIONS OF TESTOSTERONE:

- Maintains and builds lean muscle mass
- Supports bone density
- Enhances cognitive function and memory
- Improves mood and sense of well-being
- Boosts energy levels and motivation
- Supports cardiovascular health
- Increases insulin sensitivity
- Promotes healthy hair growth
- Supports libido and sexual function
- Helps maintain vaginal health
- Contributes to skin elasticity and collagen production
- Aids in fat metabolism

**IMPORTANT NOTES:**

- Testosterone levels can begin to decline as early as age 30
- Testosterone deficiency is common in women who have had their ovaries removed
- Chronic stress can significantly impact testosterone levels
- Testosterone replacement in women, when properly prescribed, doesn't cause masculine features

**USAGE AND SAFETY GUIDELINES:**

- Testosterone can be prescribed in various forms: creams, gels, pellets, or troches
- Oral testosterone is not recommended due to potential liver effects
- Proper dosing is crucial - women need much smaller amounts than men
- Dosage and administration should be determined by your healthcare provider
- Regular follow-ups and hormone level testing are essential for optimal results and safety

**LIFESTYLE FACTORS:**

- Regular exercise, especially strength training, can naturally boost testosterone levels
- Adequate sleep is crucial for testosterone production
- A balanced diet rich in protein, healthy fats, and zinc can support testosterone levels
- Stress management techniques can help maintain healthy testosterone levels

Remember, your Hormone Makeover is a personalized journey. Always consult with your healthcare provider about any symptoms or concerns, and never adjust your hormone therapy without professional guidance. Proper balancing of testosterone with other hormones is key to achieving optimal hormonal health and avoiding unwanted side effects.

**ADDITIONAL NOTES:**