



Testosterone Injections, Pellets & Gels: What Is Right For You?

Testosterone plays a vital role in a range of bodily functions, including improved muscle and bone health, improved mood, energy and cognition, healthy red blood cell formation, and sexual function. Through the normal aging process, testosterone can diminish with age in both men and women.

What Are The Benefits of TRT?

- Improved heart health
- Decreased risk of obesity
- Strong bones
- Improved cognitive function
- Enhanced libido
- Better mood

Risks Associated with TRT:

- Increase in acne, particularly cystic acne
- Decreased risk of obesity/improved body composition
- Hair loss
- Fluid retention
- Enlargement of the breasts (*gynecomastia*)
- Mood swings

Options for Testosterone Replacement Therapy (TRT) Include:

- Injections
 - Once weekly, self-administered in either a muscle or subcutaneous tissue.
- Pellets
 - Placed under the skin in a brief office procedure every 3-4 months.
- Gel/Cream
 - Applied topically to the arms, abdomen or scrotum.

Regardless of the form of replacement, regular blood monitoring is necessary to ensure appropriate dosing.