

# TESTOSTERONE 101

TESTOSTERONE (T) IS A CRUCIAL, NATURALLY OCCURRING CHEMICAL WHICH AFFECTS ALMOST ALL ASPECTS OF BEING A GUY.

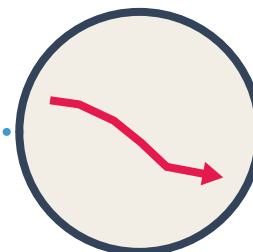
## SO LET'S GET "T" RIGHT



The process to produce T starts in your brain. Two different glands in your brain communicate and then one of them sends a message down to your testicles to produce T.

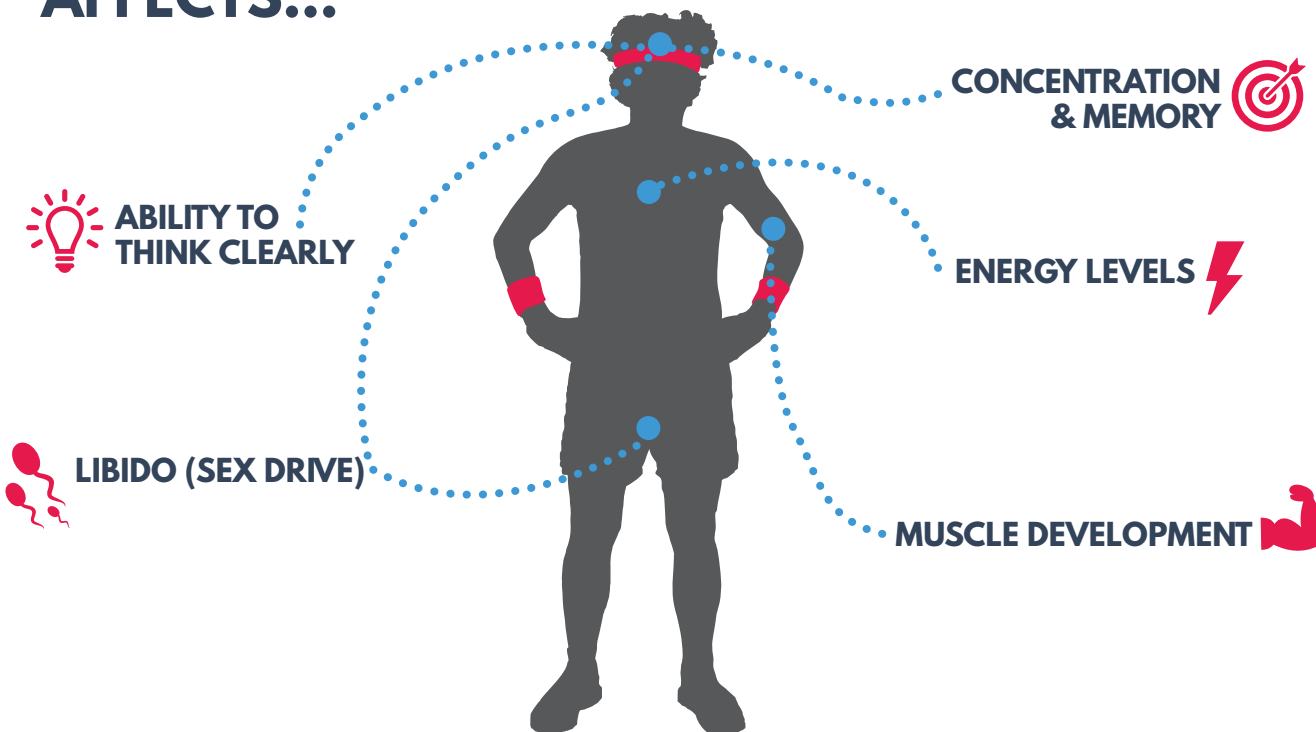


During puberty T rises in your body and is responsible for the growth of your testicles and ability to produce sperm. T also makes your body hair grow, gives you an Adam's Apple and increases your muscle mass.



At about age 40, the amount of T men produce starts to drop, and the amount you can use also drops.

## "T" AFFECTS...



## "T" IMPACTS...

  
BLOOD PRESSURE LEVELS

  
CHOLESTEROL LEVELS

  
RED BLOOD CELL PRODUCTION

  
TYPE 2 DIABETES

  
OSTEOPOROSIS  
(Yes, guys get it)

  
HEART DISEASE

# IS YOUR “T” RUNNING LOW?

You may need T if your quality of life is being significantly impacted by:

## SEX

- Decreased libido (sex drive)
- Difficulty obtaining an erection
- Decreased frequency of morning erections
- Decreased sexual performance
- Delayed orgasm
- Lower load volume

## BODY

- Losing muscle mass, strength and power
- Losing energy, or getting fatigued easily
- Decreasing physical activity/vitality
- Night sweats and hot flushes
- Loss of facial, body and pubic hair/slow beard growth

## HEAD

- Depressed mood
- Mood changes / irritability
- Inability to concentrate
- Insomnia/sleep disturbances
- Your general feeling of well-being is heading down hill

# HOW TO STOP LOW “T” FROM HAPPENING

T naturally declines with age – that is completely normal for guys, but you can slow it down by:



Getting in lots of physical activity



Quitting smoking



Figuring out if you have sleep apnea (snoring that stops your breathing)



Eating properly



No getting fat... stop the big belly happening!

# TREATMENTS ARE AVAILABLE



29 ain't 39, but 39 doesn't need to be 59. After reading this, if you suspect you might be running low on T go visit your health care provider and work with them to determine if low T is the problem, if treatment is necessary, if other issues exist, or if you just need to make some simple changes to your lifestyle to keep your T tank level optimal.



Canadian Men's Health Foundation (CMHF) is a national, not-for-profit organization founded by Order of Canada recipient Dr. Larry Goldenberg.

Our mission is to inspire Canadian men to live healthier lives. CMHF envisions a nation where men actively care for their health, and Canadian society values men as the final piece of the family health puzzle.

**DONTCHANGEMUCH.CA**  
where guys go to get healthy

Use  
**YOUCHECK.CA**  
to determine your risk of developing Low T

## SOURCE: Dr. David Greenberg

Dr. David Greenberg is a Director of the CMHF. He practices Family Medicine in Toronto.