



Hormone Replacement, Anti-Aging, & Weight Loss



## Low T FAQ's

### What is Testosterone

Testosterone is the hormone that plays a key role in the changes of a male during puberty. Testosterone is what allows a man to maintain muscle mass and strength. It is also responsible for facial hair, body hair, and the deepening of a boys voice. As a man gets older, his testosterone level goes down.

It is common for men to feel symptoms of low testosterone, and these symptoms can begin as early as age 30. Approximately 40% of men 40 years of age and older, have symptoms of Low T. It is estimated that testosterone deficiency affects 5 million men annually.

### Causes of Low Testosterone

While the transition to andropause can simply be caused by the aging process, there are other factors that contribute to a drop in male hormone levels. Alcohol consumption, Injury, Obesity, Stress, and Medications (including steroid use at a young age) may also contribute to the onset of male menopause (LowT).

### Could I have Low T?

When men are experiencing symptoms of Low T such as lack of energy, increased body and belly fat, decreased muscle mass or low sex drive they don't often look for the causes of these symptoms. The symptoms of low T can be gradual and may not always be recognized by men as actual symptoms but rather the "normal" things you feel as you age. If you think you are experiencing symptoms, the next step is to have your Testosterone level checked.

## Monthly Testosterone Plans

Initial Fee \$ 150

### Includes:

- ✓ Comprehensive lab package
- ✓ History , Review of Symptoms & Bio Medical Measurements.
- ✓ Follow Up Visit & Consult with the Physician
- ✓ Personalized Treatment Plan

### Monthly Fees:

(Automatically withdrawn from your account. Cancel at any time)

\$200 - \$300 / Month  
Depending on Dose & type of administration chosen.

### Monthly Service Plan Includes:

- ✓ Testosterone & Estrogen Blocker
- ✓ Labs as prescribed by the Physician
- ✓ Physician office visits to discuss questions or concerns
- ✓ Weekly in office injections or supplies to self inject

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## What is Low T?

By the time a man turns 40 his testosterone production begins to decline which can lead to symptoms of Low Testosterone such as:

- Low sex drive and decreased sexual function
- Loss of lean muscle mass
- Fatigue
- Difficulty concentrating
- Depression
- Irritability
- Loss of bone mass
- Increased fat mass

When Testosterone declines it can cause an increase in other hormones such as estrogen which can lead to even more undesirable symptoms. In the past these symptoms were considered a normal part of the aging process but currently this condition is known as Low T and is very treatable. It is estimated that approximately 10 million American men may be affected by Low T, and as the baby-boomer generation ages, this number is expected to rise significantly.

## Is Testosterone the Fountain of Youth?

Testosterone Replacement Therapy, or TRT has been used for over 50 years with great success but has only recently gained wide recognition. Testosterone doesn't just play a role in sex drive and performance, it plays a vital role in boosting your energy, endurance and stamina, muscle strength, mood and memory. For these reasons, it is common for men who suffer from low T to feel like they've lost their edge. Today men are realizing they don't have to suffer with the symptoms of Low T in silence.

Benefits of Testosterone Replacement Therapy:

- Improved sex drive and function
- Increased Lean Muscle
- Increased Energy
- Decrease Body Fat
- Improved Mood & Memory
- Increased bone density

The benefits of TRT are improving the lives of men everyday

## Treatment Options

Once diagnosed through history, symptoms, EKG and bloodwork performed, our physician will customize a treatment plan specifically tailored to address your personal need. Since lifestyles vary, we have several options of administration of Testosterone such as:

- Injections performed one time per week which can be self-administered at home or performed by a nurse in our office
- Topical Creams applied daily to areas such as inner thigh or forearm
- Testosterone Pellets (smaller than tic tacs) inserted under the skin by our physician which last approximately 3 months.