



UROLOGICAL CONSULTANTS, P.A.
Comprehensive Urological Care for Montgomery County

Testosterone Replacement Therapy: is there a right way to do it?

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November 19, 2014





Prevalence

- **6% of men between age 35 and 70**
- **T declines by 1% each year after 35**
- **DM, obesity, depression, narcotics, steroid abuse can lower even more**





Detection (**Symptoms & Labs**)

- ADAM Questionnaire for symptoms
 - **Decreased libido**
 - Decreased energy
 - Decreased strength/endurance
 - Decreased height
 - Decreased “enjoyment” of life
 - Depressed mood
 - **Decreased erectile function**
 - Decreased athletic performance
 - Sleepiness after dinner
 - Decreased work performance





Detection

- Early morning total T level
 - If **< 400**, consider repeat and pituitary profile
 - Free and total T
 - **Prolactin**
 - **PSA**
 - LH
 - CBC
 - LFTs
 - DEXA? TSH?





Treatment

- Improve serum levels *and* symptoms
 - **Topical**
 - **Implantable pellets**
 - **Injections**
 - **Buccal**
 - **Alternative agents (e.g. Clomid)**





Monitoring

- **Lab and symptom review, 6 weeks**
 - **PSA (reality vs. CYA?)**
 - **CBC (polycythemia)**
 - **LFTs (rare)**
 - **CV issues, CHF exacerbation, sleep apnea, breast pain/growth, mood alterations**
 - **If labs improve, but not symptoms—ok to stop!**





- **Controversy**
 - **Marketing hype**
 - **“Fountain of youth”**
 - **CV risk**
 - **Recent studies**
 - **Cancer risk**
 - **Fertility**
 - **Dependency**
- **Questions?**





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Thank you!

