

# LOW TESTOSTERONE (HYPOGONADISM)



CANADIAN  
MEN'S  
HEALTH  
FOUNDATION

## Learn More

For more information about **low testosterone**, talk to a doctor.



## Canadian Men's Health Foundation

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## CAUSES OF LOW TESTOSTERONE

There are many causes of low testosterone. These causes fall into two main groups: **primary causes** (where the problem originates in the testicles) and **secondary causes** (where the problem originates in the brain).

These are just a few of the **primary causes**:

- Klinefelters syndrome
- Undescended testes
- Injury to one or both testicles
- Certain chemotherapies

The many **secondary causes** include:

- Disorders or tumors of the pituitary gland
- Radiation or surgery to the pituitary gland
- Obesity
- Use of certain prescription drugs

## Talk to a Doctor

Visit a doctor if you believe you may have low testosterone. Your doctor may perform blood tests to find out whether you do or not. If you do, your doctor may also perform extra tests to find out the cause of low testosterone.

## Get Treatment

Low testosterone can be treated. The most common treatment is testosterone replacement therapy (TRT), where the goal is to bring testosterone levels back into a normal range. TRT is administered in various ways, including injections, patches, gels, pills, and implanted pellets. A doctor can determine the most appropriate method of treatment and can advise you about any side effects.

## LOW TESTOSTERONE (HYPOGONADISM): WHAT IS IT?

**Testosterone** is one of your most important hormones. It is responsible for creating your sex drive and influences sperm production and fertility. It also keeps the heart, muscles and bones healthy.

As you get older, it is normal for your testosterone levels to gradually taper off. This is a normal part of aging. In contrast, low testosterone is when the testosterone levels are so low that they cause other health issues.

### Know the Facts

Low testosterone, also called **Hypogonadism**, is when the body does not produce enough testosterone to meet the normal needs of the body. Since the testosterone in your body has many useful functions, having too little of it can cause problems.

Low Testosterone goes by a few other names, including testosterone deficiency and gonadal deficiency. In older males, it is sometimes called **andropause**, **androgen deficiency in the aging male (ADAM)**, **late onset hypogonadism**, or **age-associated testosterone deficiency syndrome (TDS)**.

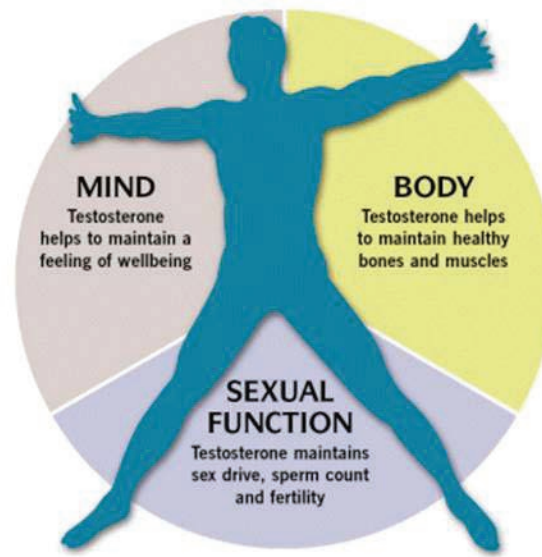
## WHO IS AT RISK?

### Know the Risk Factors

About 40% of men over 45 have low testosterone. Men over 65 are more than twice as likely to have it compared to men under 65. The use of certain prescription drugs also increases the risks of low testosterone.

As well, men with certain health conditions also have a high likelihood of low testosterone, including:

- Diabetes
- Metabolic syndrome
- Obesity
- Hypertension
- Sleep apnea
- Renal failure



## WHAT SHOULD YOU WATCH FOR?

### Watch for These Things

These signs and symptoms can be caused by low testosterone, or by a number of other factors. See a doctor if you are experiencing:

#### Physical signs and symptoms:

- Reduced muscle mass, power, and strength
- Weakness
- Muscle and joint aches
- Increased fat or obesity
- Enlarged, swollen or tender breasts
- Reduced facial, body and/or pubic hair
- Decreased bone density, bone fractures or osteoporosis
- Loss of height
- Night sweats or hot flashes
- Fatigue

#### Psychological signs and symptoms:

- Feeling irritable, sad or depressed
- Trouble with concentration or memory

#### Sexual signs and symptoms:

- Reduced sex drive
- Difficulty getting an erection
- Difficulty obtaining an erection
- Delayed orgasm
- Reduced ejaculate volume
- Low sperm count
- Infertility