

A conservative, yet progressive approach in treating Men's Health

The November 2013 Journal of the American Medical Association prompted the FDA to re-assess the cardiovascular safety of testosterone therapy. Specifically, this study suggested a 30% increased risk of stroke, heart attack and death in the group that had been prescribed testosterone therapy.

If you are diagnosed with hypogonadism (also known as low-T), the clinical team at this office will treat Low-T with a progressive approach, using the most appropriate dose of testosterone that will give you the most benefit you need, while reducing those cardiovascular risks. Quite possibly, your doctor could prescribe other therapies along with testosterone to help

stimulate your own production of testosterone. What this means for you is a reduction without the unwanted risks and side-effects of using testosterone by itself. With a progressive mind-set your doctor is using the most current information available to help you live a high-quality lifestyle.

What to expect during your doctor's visit

While you may have some of the symptoms of Low-T, the only way to know is to speak with your doctor. Your doctor will perform a thorough exam, including medical history, an assessment of all your signs and symptoms, and usually will obtain a blood test.

The doctor and supporting clinical team at this office are well versed in treating men's health, so it is a great time to ask your doctor about how

to best treat your symptoms. Feel free to use the Doctor Discussion Guide below as a tool to help think of questions you might have.

Other Men's Health Products

If you have erectile dysfunction and the branded oral medications haven't worked, ask your doctor about other medications that could be used. Your prescriber might recommend other therapies that have a documented 92% success rate and are recommended for use by the American Urological Association. Also, between your prescriber and pharmacist working together, the product strengths can be adjusted to help maximize the full benefit of the drug.

Low T Symptoms Quiz

- | | Y | N |
|--|--------------------------|--------------------------|
| 1. Do you have a decrease in libido (sex drive)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have a lack of energy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have a decrease in strength and/or endurance? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you lost height? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you noticed a decreased "enjoyment of life?" | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you sad and/or grumpy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Are your erections less strong? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have you noticed a recent deterioration in your ability to play sports? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Are you falling asleep after dinner? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Has there been a recent deterioration in you work performance? | <input type="checkbox"/> | <input type="checkbox"/> |

Doctor Discussion Guide

1. Are the symptoms I am experiencing related to Low Testosterone?
2. Do I need the blood tests that measure testosterone levels in my body?
3. What medical treatment options are available if I have Low Testosterone?
4. How does testosterone replacement therapy work?
5. If I am diagnosed with Low Testosterone, which testosterone replacement therapy is right for me?
6. Are there any changes I can make in my diet, fitness, and lifestyle to help address Low Testosterone?

Reduce the Risks with
Testosterone Use.

A new approach in
treating Low-T.

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