



TESTOSTERONE 101

- 1 **EVERY** biological male will experience andropause.
- 2 **NOT** every biological male will experience Low T.
- 3 **NOT** every biological male that has Low T will have symptoms that require testosterone supplementation.

“Testosterone Replacement Therapy” is usually referred to as “TRT”.

How is Low T Diagnosed?

Low T is diagnosed with the combination of a blood test where the results are < 300ng/dL, and an assessment of symptoms. There are various questionnaires that can be used by practitioners to guide the symptom conversation with their patients.

Here is an example of one of those questionnaires:
Quantitative Androgen Deficiency in the Aging Male, the qADAM.

1. How would you rate your libido (sex drive)?
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
2. b.How would you rate your energy level?
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
3. How would you rate your strength/endurance?
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
4. How would you rate your enjoyment of life?
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
5. How would you rate your happiness level?
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
6. How strong are your erections?
1 (extremely weak)... 2, 3, 4...5 (extremely strong)
7. How would you rate your work performance over the past 4 weeks?
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
8. How often do you fall asleep after dinner?
1 (never) 2 (1-2/week) 3 (3-4/week) 4 (5-6/week) 5 (every night)
9. How would you rate your sports ability over the past 4 weeks:
1 (terrible) 2 (poor) 3 (average) 4 (good) 5 (excellent)
10. How much height have you lost?
1 (2" or more) 2 (1.5-1.9") 3 (1-1.4") 4 (0.5-0.9") 5 (none-0.4")

Among health practitioners and organizations there is little support for universal screening of testosterone levels because often there are no symptoms accompanying low testosterone.



Testosterone Marketing

According to **Gram et al (2025)** recommended in our Resource Kit as a **“MUST READ Research Paper”**, low testosterone is no longer an ‘old man’ problem, but a ‘young man’ problem. The rebranding has been so successful that the sales of testosterone products alone now exceeds 400 million dollars in the United States...what can go wrong?

What Goes Wrong?

The impact of inappropriate T-usage for this invented ‘young men’ problem can have serious consequences that include cardiovascular issues, infertility, kidney injury, decreased libido, erectile dysfunction and the development of breasts plus the irreversibility of these symptoms.

Andropause...
yeah, it's a thing!
Argo