

Mayo Clinic Minute

All about testosterone

Video	Audio
	Testosterone: the hormone most associated with masculinity.
LANDON TROST, M.D. UROLOGY Mayo Clinic	“Everything from a deepening of voice, to muscles, to different characteristics on the jaw and so on often are related to testosterone.”
	But Mayo Clinic’s Dr. Landon Trost says as men age, their testosterone levels tend to drop, causing a long list of possible symptoms... from decreased energy, to decreased sexual function to weight gain and muscle loss.
	But exactly what level is considered low testosterone, commonly referred to as low T, depends on a lot of factors, including age.
	In general, Dr. Trost says a testosterone value of less than 300 nanograms per deciliter is considered below normal.
	There are plenty of treatment options, from alternative agents to testosterone compounds, but all of them come with a risk of side effects like too thick of blood.
	Dr. Trost says men who think they might have low testosterone should see their primary care provider to be tested, but it’s important to remember there’s only so much testosterone therapy can do.
	“It won’t improve all men. And it’ll be a modest improvement in those that it does improve. So, it’s not a miracle cure or miracle drug.”
	For the Mayo Clinic News Network, I’m Ian Roth.