

## DO YOU HAVE LOW TESTOSTERONE?

TAKE THE A.D.A.M. QUESTIONNAIRE TO FIND OUT

### ANDROGEN DEFICIENCY IN AGING MALES

- 1 DO YOU HAVE A DECREASE IN LIBIDO (SEX DRIVE)?
- 2 DO YOU HAVE A LACK OF ENERGY?
- 3 DO YOU HAVE A DECREASE IN STRENGTH/ENDURANCE?
- 4 HAVE YOU LOST HEIGHT?
- 5 HAVE YOU NOTICED A DECREASED "ENJOYMENT OF LIFE"?
- 6 ARE YOU SAD AND/OR GRUMPY?
- 7 ARE YOUR ERECTIONS LESS STRONG?
- 8 HAVE YOU NOTICED A RECENT DETERIORATION IN YOUR ABILITY TO PLAY SPORTS?
- 9 ARE YOU FALLING ASLEEP AFTER DINNER?
- 10 HAVE YOU NOTICED A RECENT DETERIORATION IN YOUR WORK PERFORMANCE?

### YOUR RESULTS

DID YOU SAY YES TO QUESTION #1 OR #7?

DID YOU SAY YES TO THREE OR MORE QUESTIONS?

IF YOU SAID YES TO EITHER OF THESE TWO QUESTIONS,  
YOU MAY HAVE LOW TESTOSTERONE.

SCHEDULE A CONSULTATION  
WITH US TODAY!

## BIO-IDENTICAL HORMONE

pellet therapy was developed 80 years ago and is considered a safe and effective medical protocol for customized hormone replacement used worldwide.

## THE RESULTS

Improve your quality of life  
Increase sex drive  
Increase energy  
Improve mental clarity  
Improve physical stamina  
Increase muscle mass  
Decrease body fat  
Improve sleep and mood stability  
Reduce risk of:  
Osteoporosis  
Alzheimer's disease  
Heart disease  
Diabetes

## THE PROCEDURE

typically takes 10–15 minutes. This will deliver consistent hormone levels over an extended period of time, typically three to six months.

## PRODUCT QUALITY

When considering pellet therapy, be assured that Pro-Pell pellets are formulated to the highest standards under sterile conditions.

PCAB ACCREDITED IN STERILE  
& NON-STERILE COMPOUNDING



[www.ProPellTherapy.com](http://www.ProPellTherapy.com)

## BIO-IDENTICAL HORMONE REPLACEMENT THERAPY FOR MEN



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## IMPROVING QUALITY OF LIFE

Andropause (also known as the “male menopause”) is the gradual decline in testosterone levels in middle-aged men. These declining testosterone levels have numerous signs and symptoms, and may include among others the following:

- Weakness
- Fatigue
- Disturbed sleep
- Reduced libido
- Osteoporosis
- Heart disease
- Irritability
- Erectile dysfunction
- Depression, anxiety
- Reduced muscle mass
- Reduced cognitive function

## NATURAL TESTOSTERONE REPLACEMENT IS CENTRAL TO THE TREATMENT OF ANDROPAUSE

The indication for testosterone-replacement therapy (TRT) requires the presence of a low testosterone level, and signs and symptoms of hypogonadism. When hormones are replaced or restored back to physiological (Normal) levels, men may experience a dramatic reversal of many of these changes.

On the average, a man's testosterone level begin to decline at a rate of 1–3% per year. It is estimated that 40% of men between the ages of 54 to 64 have levels below the lower limit of normal. The diagnosis of low testosterone level is based on the presence of signs or symptoms and must be confirmed by laboratory testing, including Total Testosterone, Testosterone (Free), Estradiol, Cholesterol, PSA, Complete Blood Count (CBC), Hemoglobin, and Hematocrit. Proper monitoring of laboratory values and clinical response are essential for optimal testosterone replacement therapy.

## LIVING A HEALTHY LIFESTYLE

Both the natural process of aging and changes in lifestyle factors have been associated with decreasing testosterone levels in men. Certain disease states and lifestyle influences can both be strongly tied to the declining testosterone levels. Living a healthy lifestyle has been shown to be associated with higher hormone levels, and higher hormone levels induce a more active, healthy lifestyle. Lack of exercise, poor nutritional habits, many diseases, and excessive alcohol use can lower hormone levels. Studies have shown that hormone decline can be slowed down by the management of health and lifestyle factors. For the very best results, hormone therapy should be individualized and combined with exercise and nutritional supplements.

## WHAT FORM OF TESTOSTERONE IS THE BEST FOR REPLACEMENT THERAPY?

The best way to replace hormones in your body is to replace the exact ones your body has always made. Testosterone USP is a natural form of testosterone, and the same one produced by the human body. Testosterone USP is the purest form and is what your compounding pharmacist uses to prepare your hormone replacement as prescribed by your physician.

Your compounding pharmacist can prepare testosterone in a cream, gel, tablet you dissolve under your tongue, injection, or in an implantable pellet form.

The goal of testosterone replacement in men is to bring the levels back into a normal range while managing the symptoms of low testosterone levels.

## TESTOSTERONE REPLACEMENT HEART DISEASE, PROSTATE CANCER, AND ENLARGED PROSTATE

It is a proven fact that men who have low testosterone levels (T levels) are at MORE of a risk for developing all types of heart disease. There are numerous studies showing low levels of testosterone are associated with a higher risk of cardiovascular disease.

Testosterone has NEVER been proven to cause prostate cancer. Men who have low T levels have a higher risk of developing prostate cancer and a higher incidence of enlarged prostates.

It is a proven fact that men who have low T levels HAVE A HIGHER RATE OF MORTALITY.

## TESTOSTERONE REPLACEMENT THERAPY BENEFITS

- Improvement in libido and sexual function
- Increased muscle mass and body composition
- Increased strength and stature
- Preservation of bone mass
- Improvement in mood and depression
- Enhanced cognition, concentration and memory
- Improvement in sleep and anxiety
- Decrease in cardiovascular risk (heart disease)
- Increased work performance
- Decreased irritability
- Improved cholesterol levels
- Improved blood sugar regulation

ASK YOUR HEALTH CARE PROVIDER TODAY TO SEE IF YOU ARE A CANDIDATE FOR BIO-IDENTICAL HORMONE REPLACEMENT THERAPY!