

Do you feel...

- run down or have less energy?
- irritable or cranky?
- sad or down?

Have you experienced noticeable...

- weight gain?
- muscle weakness?

Do you...

- have low libido?
- feel unmotivated?

Have you been told you have...

- osteoporosis (low bone density)?

If you answered “**yes**” to any of these questions, you may want to **talk to your healthcare professional** about hypogonadism, or low testosterone

Hypogonadism is quite common, but it’s not often talked about. Its symptoms are not obvious and overlap with symptoms of other conditions. Many men think their symptoms are just a sign that they are getting older. **Not necessarily...**

Hypogonadism may signal other serious medical conditions, such as:

- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Loss of body hair
- Anemia
- Erectile dysfunction
- Infertility
- Chronic pain medication use
- Obesity

Wondering whether you have symptoms of hypogonadism?
Ask your healthcare professional

- Are my symptoms caused by hypogonadism, or is it something else?
- Should I have my testosterone levels checked?
- What treatments are available for hypogonadism, and what are their positives and negatives?
- What are the potential side effects of treatment?
- Is testosterone therapy right for me?

Learn more about hypogonadism at
TestosteroneUpdate.org

Additional information and resources are available at MedlinePlus.gov, a service of the US National Library of Medicine and the National Institutes of Health, and at Hormone.org, a service of the Endocrine Society.