Hypogonadism and Testosterone: Who Needs Testosterone Replacement?

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Objectives

- Review normal androgenic function in adult and aging men
- Discuss testosterone (T) deficiency (sometimes referred to as hypogonadism, andropause, androgen deficiency in aging men) in adult men
- Define treatment options for T deficiency in adult men including males who have undergone androgen deprivation therapy for prostate cancer

Learning Outcome

- At the end of this lecture the learner will:
  - Outline criteria for evaluation and management of adult males with symptomatic T deficiency.
Growing old, like comedy, is neither pretty nor for the faint of heart.
Androgens: What are they?
- Male sex hormones: regulate 1st and 2nd male sexual characteristics.
- Role of androgens on male sexual characteristics and importance of production by testes recognized (in a rudimentary form) since antiquity; thus the historical record of eunuchs and various Biblical stories of David & Solomon.

Androgens: Primary Players
- Testosterone (T): acts as a hormone and a pro-hormone; it is primarily manufactured in the testis under influence of the hypothalamic-pituitary-gonadal axis.
- T is metabolized to form Dihydrotestosterone (DHT) under influence of the enzymes 5α-reductase and estradiol; DHT is more metabolically active than T.
- Adrenal glands also produce androgens; they exert much weaker androgenic effects than T or DHT.
- The hormones Dehydroepiandrosterone (DHEA) and DHEAS are manufactured in the adrenal, testes, liver, adipose tissue & brain; they act as pro-hormones for T.

Androgens and the Male Life Cycle
- T secretion surges during 3 phases of a boy’s life:
  - 1st trimester of embryogenesis
  - Early neonatal life
  - Puberty
- Levels established at puberty persist into adulthood.

Gonadal Axis & Androgens

- Gonadal axis controls androgenic production
  - GnRH from hypothalamus stimulates LH & FSH
  - LH secretions increase T production in testes
  - T and inhibin from FSH provide negative feedback
- Testes produce about 95% of T; adrenals produce approximately 5%

Androgens: Physiologic Effects

- Reproductive system
  - Spermatogenesis
  - Secondary sex characteristics (organs, skin, muscles)
- Non-Reproductive System Functions
  - Skeletal: promotes osteoblastic activity to maintain bone density & mass
  - Vascular system: T promotes vasodilation, DHT increases monocyte adhesion to endothelial cell

Androgens: Physiologic Effects

- Non-Reproductive System Functions
  - Nervous system: androgens protect neuronal cells from oxidative stress and possibly from cognitive decline such as Alzheimer’s disease, they alter expression of opioid receptors and may affect pain perception
  - Adiposity: fat cells aromatize T; (magnitude of effect equivalent to aging); effect partially reversed by weight loss among obese and morbidly obese men
  - NOTE: Non-reproductive system receptors lack specificity of those in reproductive system

1. Pintana H et al. Metabolism and Brain Disease 2015; 30: 853-76
Obesity and T Deficiency as Public Health Issues

- Limited evidence from MMAS suggests ↓ in circulating T over past 3 decades beyond age related expectations
- Danish data also support this trend
- Associated Factors include:
  - ↑ prevalence of obesity
  - Phthalate exposure from plastics
  - Measurement artifact (more sensitive assays available)


Androgen Deficiency & Lipids


Androgens & Behavior

- Sexual behaviors and orientation
  - Androgens exert profound influence on libido in both genders, no direct effect on single erectile event
  - Limited evidence suggests prenatal androgenic influence on sexual orientation, but no apparent differences in adult gay males or genotypic males identifying as transgender have been measured
- Cognitive functions
  - May favor visual-spatial functions, but not verbal fluency
  - Suppresses β-amyloid precursor peptide (may protect against Alzheimer’s disease)
- Mood
  - May protect against depression, T imparts feeling of energy, vitality and supports overall quality of life

1. Van Anders SM. Archives of Sexual Behavior 2012; 41:1771-84
Androgens & Aging

- T production declines with aging\(^1,2\)
  - Slow decline in testicular production of T by 0.5%-1.0% beginning around 40 years of age
  - Ratio of T to estradiol levels diminish (estradiol metabolized from T in peripheral tissues including fat)
  - Sex hormone binding globulin (SHBG) is synthesized in the liver; it ↑ with age, resulting in lower levels of bioavailable T levels diminish more sharply than overall T levels
  - LH secretion unaffected


Androgens & Aging

- DHEA and DHEAS also decline with aging
- Effect exacerbated by cigarette smoking
- Also contribute to decline in bioavailable and total serum T

(Figure from article)

Aging and T Deficiency


Cut point in this study for low total T <325ng/dl
Androgens & Aging:

**Summary of Adverse Effects**

- ↓ libido, ↑ risk of sexual dysfunction
- ↑ risk for osteoporosis
- ↑ risk for hypercholesterolemia, hyperlipidemia
- ↑ risk for endothelial dysfunction, CV disease, HTN
- ↓ muscular mass and strength
- ↓ VO₂ max
- Impaired balance
- Impaired memory *(may be related to Alzheimer’s risk)*
- Impaired immune function
- ↑ risk for insulin resistance and DM


**Androgens & Aging**

- In women, there is a well recognized and precipitous, age-related decline in serum estrogen production that we label the climacteric or menopause
- Is there an analogous (and detectable) phase in men, ie: a “male menopause” or “andropause”?

**Androgenic decline in aging men: What is in a name?**

- Andropause (male menopause, male climacteric)
  - First described as a clinical entity in 1939; implies an age-related, predictable decline with anticipated sequelae
- Hypogonadism, T deficiency, ADAM
  (androgen deficit in aging male)
  - Implies existence of a pathologic syndrome seen in some men rather than age-related change seen in all males, definitions are based on symptoms and measurement of serum levels of testosterone (T) and secondary hormones

Andropause: Does it exist?

- Arguments for...
  - Androgenic declines is associated with adverse physical and psychological events in many men
  - Replacement of T is a logical approach for alleviating or reversing these adverse effects
  - Research shows promising in T replacement studies with short-term follow up

- Arguments against...
  - T decline is age related, but the incidence of symptoms with T deficiency is far lower
  - Multiple factors have been linked to andropause like symptoms
  - T replacement has not created the clinically dramatic effects we anticipated and is not well correlated to measurable changes in serum T levels

Androgenic decline in aging men: What is in a name?

- For purposes of this lecture I will label this condition T deficiency; I am implying this is specific disorder rather than an age-related phenomenon
- Decision based on current research, and consensus based expert opinion reflects in the recent Clinical Practice Guideline from the International Society for Sexual Medicine (ISSM)

T Deficiency: Epidemiology

- Epidemiology
  - Serum T deficiency steadily with age affecting up to 5% at 40 years and as many as 70% at 60 years
  - Best estimates are 2%-6%

T Deficiency: Epidemiology & Natural History

- Research also suggests symptom remission common
  - Study of 760 community dwelling men revealed found that 50% - 55% diagnosed with ADAM had remission of symptoms, usually coupled with ↑ bioavailable T within 10-15 years
  - Remission associated with lower BMI and younger age at onset

Travison TG et al. JAGS 2008; 56 (5): 831

T Deficiency: Classification System

- ISSM identifies 4 subtypes of T deficiency
  - Hypergonadotropic or primary hypogonadism with reduced T synthesis and Leydig cell dysfunction
  - Hyogonadotropic or secondary hypogonadism with reduction of T synthesis and inadequate stimulation of Leydig cells
  - Mixture of above causes
  - Compensated hypogonadism: normal T levels but ↑ levels of LH indicating need for hyperstimulation

Dean JD et al. Journal of Sexual Medicine 2015; 12: 1660-86

T Deficiency Clinical Assessment
I suggest starting with symptoms; most common clinical manifestations are:
- Erectile dysfunction (37%)
- Lethargy (28%)
- Loss of libido (31%)
- Sleep disturbances (27%)
- Irritability (24%)
- “Depressed Mood” (24%) (depression reported in <1%)

Travison TG et al. JAGS 2008; 56 (5): 831

Assess for risk factors
- Older age
- Higher BMI (which is the cause and effect: metabolic syndrome vs. T deficit)
- Type 2 DM
- Hypertension
- Heart Disease


Consider use of a validated questionnaire to identify associated symptoms; options include ADAM or AMS (aging male survey)

AMS has more robust psychometric testing; translated into 14 languages
ADAMq more condition specific; use of Likert scale an improves criterion validity
AMS designed for symptoms associated with aging due to multiple causes; it nevertheless correlates well with biochemical evidence of ADAM (r = .8-.9)

2. Daig I et al. Health and Quality of Life Outcomes 2003; www.hqlo.com/content1/1/77
Quantitative ADAM (qADAM)

- Updated version of qADAM
  - Replaces original scale’s “yes” and “no” (bivariate) response system with 5 point Likert Scale where 5 represents absence of symptom and 1 indicates maximal symptom
  - Range of score is now 10 – 50 (↓ score = ↑ symptom)
  - Appears to improve criterion validity when compared to Sexual Health Inventory for Men (SHIM) and Expanded Prostate Cancer Index composite hormonal sexual domains (EPIC)
**T Deficiency: Medication Review**

- Review Medications; among the many agents known to impair gonadal function include
  - Thiazide diuretics
  - Long-acting oral opiates
  - Antiepileptic drugs
  - Specific antipsychotics including risperidone (Risperdal) and olanzapine (Zyprexa)
  - Androgen deprivation therapy (LHRH agonists and antagonists for prostate cancer)


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**T Deficiency: Physical Examination**

- General inspection including breast examination
- Body and facial hair; evaluate for androgenic alopecia vs ‘man-scaping’; note T deficiency does not usually affect beard growth or thickness
- Genital examination including penile length and testicular examination (should be 4-5cm x 2-3cm)

**T Deficiency: Physical Examination**

- BMI: height and body, waist circumference, assess for central obesity
- Breast examination for gynecomastia vs central obesity

**T Deficiency: Physical Examination**

- Digital rectal examination is not considered essential for initial assessment for T deficiency

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**Biochemical Diagnosis**

- **Always Measure serum T**
  - Start by measuring total T, consider SHBG (serum hormone binding globulin) in older and obese men
  - Radio-immunoassay or chemiluminescence assays (RIA/IA) usually used to measure T, liquid chromatography-tandem mass spectrometry is gold standard, but it is not widely available
  - ISSM recommends systematic screening of these groups:
    - Obese men
    - Men with Type 2 Diabetes mellitus
    - Men with metabolic syndrome
**T Deficiency: Biochemical Diagnosis**

- **Criteria for Diagnosing T Deficiency (ISSM CPG/ AUA White Paper)**
  - No universally accepted cut points: ISSM and AUA recommend:
  - Measurement in morning usually recommended 0800-1200; afternoon values tend to be lower
  - Most common cut point for “normal” (no T deficiency) is 350 ng/dL or ≥12 nmol/L; additional evaluation needed if levels are lower than this cut point
  - Historic alternative to this cut point is:
    - >400 ng/dl: normal; no further evaluation
    - 200-399 ng/dL: treat when symptoms present
    - >200 mg/dL: hypogonadal; treatment indicated


- **Step 2: obtains bound and bioavailable (free) T levels**
  - Schedule 0800-1200, at least 1 week later
  - Obtain serum LH (luteinizing hormone) to identify subtype of T deficiency
  - Prolactin to evaluate for hypogonadotropic (secondary) hypogonadism, hemochromatosis [look for elevated ferritin]
  - Obtain SHBG in all older and obese men (cut points not identified in published CPG)


- **Interpreting results of laboratory studies**
  - Serum T is >350 ng/dL: no treatment indicated; look for other causes of symptoms
  - Serum T is < 231 ng/dL: treatment clearly indicated; especially in younger men
  - Serum T is 232ng/dL to 345 ng/dL and/or SHBG is elevated; consider 6-12 month trial of treatment after other causes have been evaluated and alternative or complementary treatments considered

T Deficiency: Treatment Options

- **Nonpharmacologic Interventions**
  - **Lifestyle modification**: ↑ exercise (transiently raises T and SHBG, heart healthy diet, weight loss for many)
  - Treat sleep apnea (CPAP raises ADAM4 scores but no effect on gonadal function in men with T2DM in 1 study)
  - Discontinue opioids (daily use suppresses T in men)
  - No adverse SE; first line treatment of choice in men when fertility concerns are in play

**Pharmacologic Treatment Overview**

- **Testosterone replacement**
  - Is the only USFDA approved pharmacologic intervention for management of T deficiency currently available.
  - The goal of treatment is to establish midrange normal values of serum T in order to relieve symptoms.
  - Men who wish to maintain fertility and testicular volume **must** be counseled that TR is expected to suppress spermatogenesis and fertility and reduce testicular volume; referral to a specialist for men with fertility concerns is strongly recommended. (Dean JD et al. Journal of Sexual Medicine 2015; 12: 1660-6.)

**Testosterone Replacement**

- **Management: Testosterone Replacement**
  - Intramuscular agents
    - Testosterone cypionate
    - Testosterone enanthate
  - Transdermal agents
    - Androderm (patch)
    - Testoderm (patch)
    - Androgel (gel applied to skin)
    - Axiron (transdermal/axillae)
  - Transmucosal (Buccal) Agents
  - Oral agents
    - Fluoxymesterone
    - Methyltestosterone
    - Testosterone undecanoate (not available in US)

**Testosterone Replacement**

- **Intramuscular preparations**
  - T. cypionate: 50-400mg, dosed every 2-4 weeks or every week based on response.
  - T. enanthate: 50-400mg monthly; dosed every 2-4 weeks or weekly.
  - Most men can be taught to self-inject.
  - Maximum serum levels at 72 hours, gradually declines to nadir over following days to weeks before repeating cycle.
  - May need to alter diabetic medications or insulin, T alters insulin sensitivity.
  - Long acting formulations in Canada and Europe but not US. (Raynor MC et al. Canadian Journal of Urology 2007; 14 (Supplement 1): 63-7.)
Testosterone Replacement

Adverse Side Effects
- Emotional lability (peaks and valleys) and variable libido (↑ injection frequency to weekly to reduce these adverse SE)
- Pain at injection site
- Facial flushing
- Polycythemia, blood clots
- Gynecomastia
- Exacerbation of sleep apnea
- Exacerbation of acne
- Fluid retention
- Prostate enlargement resulting in lower urinary tract symptoms


Testosterone Replacement

Testosterone implants: Testopel
- Pellets as seen in figure contain crystalline T
- Implanted into the subdermal fat of lower abdominal, deltoid, proximal thigh or buttocks wall via wide-bore trocar under local anesthesia
- Outpatient procedure requires about 15 minutes with experience, average initial dose averages around 10 pellets
- Provides stable T levels for 3 months in most
- Improves long-term adherence to TR when compared to topicals: 19% at 1 year for transdermal preparations vs 72% with T pellets


Testosterone Replacement

Adverse side effects
- Inflammation and pain at injection site
- Polycythemia, blood clots
- Gynecomastia
- Exacerbation of sleep apnea
- Exacerbation of acne
- Fluid retention
- Prostate enlargement resulting in lower urinary tract symptoms

Testopel package insert:
http://www.endo.com/FileLibrary/Products/PrescribingInformation/Testopel_prescribing_information.html
Testosterone Replacement

Transdermal preparations

- **Testoderm**: oldest transdermal preparation; non-adhesive patch must be applied to shaved scrotum with jock strap type brief (off market due to newer approaches)
- **Testoderm-TTS**: adhesive patch applied to clean, dry skin on arms, back or upper buttocks daily; doses vary from 4.5 & 6 mg doses; patch varies accordingly; usually start with 4 mg patch
  - 65% achieve physiologic serum levels with regular use; change product if levels not achieved within 6-8 weeks
  - Most commonly reported side effects: rash or erythema at application site in 15% to as high as 66%; may advise patients to rotate sites and use topical steroid as preventive measure

Abadilla KA, Dobbs AS. Drugs 2012; 72 (12): 1591-1603.

Testosterone Replacement

- **Androderm patches**: 2.5-5.0gm patches apply as shown
  - Patches contain central reservoir of alcohol based gel that breaks down dermal barrier and promotes drug absorption
  - Adverse Side Effects: skin irritation at application site, advise patients to rotate site, apply skin barrier for mild to moderate irritation


Testosterone Replacement

- **Transdermal preparations: gel**
  - Delivers 5-10 mg of T daily
  - Single use sachets deliver 1%gel and pump preparations usually deliver 2% gel; all are applied daily
  - Applied to shoulders, upper arms or abdomen after bathing or shower
  - Several head to head trials generally show greater efficacy than patches with fewer adverse skin reactions
  - NOTE: T gels and solutions can be transmitted to partner, especially within 15 minutes of application; advise men to wear clothing to cover application area and wash hands (newer more concentrated gel, 1.62% formulation available that reduces volume and skin exposure)

Abadilla KA, Dobbs AS. Drugs 2012; 72 (12): 1591-1603.
Testosterone Replacement

- **Transdermal solution: Axiron**
  - Axillary delivery system newer; T is first agent to be delivered using this system
  - Apply at least 2 minutes after antiperspirant/regular deodorant
  - Prime pump with 3 productive pumps before initial use
  - Apply cover and avoid direct contact with women or children
  - Applied in meter dosed pump that delivers 1.5 ml of solution and 30 mg T; recommended to start at 60 mg, may be escalated to 120 mg
  - Alcohols evaporate leaving T and octisalate, a thickening agent that promotes transdermal absorption of T


- **Buccal Testosterone: Striant**
  - Adhesive tablets applied to gums above the incisors
  - Release T over 12 period; must be applied twice daily; delivery is transdermal avoiding first pass metabolism; this is not an oral formulation
  - Unique adverse side effects for buccal formulation
    - Irritation, tenderness or pain of gums
    - Change in taste perception or bitter taste in mouth


- **Ongoing Monitoring for Men Receiving TR**
  - Assess for effect of treatment at 3, 6, 12 months and annually for duration of treatment
  - Routinely obtain serum T, CBC, lipid profile at each follow up visit
  - Injection therapy: morning trough level 1-2 weeks before 4th injection; short term therapy - draw T and midpoint of cycle 3-4
  - Transdermal or buccal therapy: draw T 0800-1200 following application of T dose

Testosterone Replacement

- **Adverse Side Effects** for transdermal or transbuccal preparations
  - Skin irritation (erythema, rash) in 10-12%
  - Polycythemia, blood clots
  - Gynecomastia
  - Exacerbation of sleep apnea
  - Exacerbation of acne
  - Fluid retention
  - Prostate enlargement resulting in lower urinary tract symptoms

Testosterone Replacement

- **Oral Agents**
  - *Not recommended* in ISSM guideline
  - T is inactivated in liver; chemical modification bypasses this effect but results in hepatotoxicity
  - T. undecanoate avoids first pass metabolism – it is largely absorbed via lymphatics; must be taken 2-4 times daily with meal
  - Available in Europe and Canada, but not in US


Testosterone Replacement: Ongoing Monitoring

- **Annual History and Physical Examination**¹,²
  - Recommend follow up at 3, 6 & 12 months, then annually
  - Administer symptom inventory and compare score to baseline
  - Evaluate body habitus, body weight, hair pattern growth, inspect breasts gynecomastia, tenderness
  - Digital rectal examination for prostatic nodules
  - Effects variable: ↑ libido within 3 weeks, will plateau by 6 weeks, maximum effect of QoL and depressive mood with 1 month, maximal effect on ED within 6 months

Testosterone Replacement: Ongoing Monitoring

- PSA and TR
  - Serum PSA will rise slightly with TR; physiologic response in most cases
  - ISSM recommends referral for additional evaluation if PSA levels rise more than 1.4 ng/mL within any 12 month period
- CBC and TR
  - Monitor for evidence of polycythemia with regular follow up
- Lipid profile and TR
  - Dyslipidemia may improve after therapeutic T levels have been attained, monitor with regular follow up
- Routine monitoring of liver function not indicated

Testosterone Replacement: Benefits & adverse long-term consequences?

Summary of Potential Long-Term Risks/ Benefits of T Replacement

- ↑ risk of polycythemia
- ↔ risk for prostate CA, prostate enlargement and lower urinary tract symptoms (LUTS)
- ↑ bone density
- ↑ lean body mass, fat distribution
- ↔ CV health and prevent CVD
- ↑ strength & performance
- ↔ favors cognitive functions, no effect of HRQOL, emotional state
- ↑ libido and sexual function

Testosterone Replacement:
Does it influence Prostate CA Risk?

- In most cases, prostate cancer is hormone sensitive; reducing T levels to “castrate” (<50ng/dl) is an effective treatment option.
- This begs the question… does TR “feed” (increase the risk for or growth of) malignant cells within the prostate?
- ANS: The theoretical risk is not borne out by empirical evidence.1,2


Testosterone Replacement:
Does it influence Prostate CA Risk?

- Endogenous Hormones and Prostate Cancer Collaborative Group pooled data from 18 prospective studies with 3886 men with prostate cancer and 6438 controls1:
  - No association between prostate cancer risk and serum T levels; (RR in the highest vs lowest fifth = 0.86, 95% confidence interval = 0.75 to 0.98; P_trend = .01)
- Nested case control study in Sweden yielded similar findings2.
- Secondary analysis of 3255 men in REDUCE trial (finasteride for prevention of prostate CA) at 2 and 4 years also found no association between prostate CA incidence and serum T levels2.


Testosterone Replacement:
Does it Influence Prostate CA, PSA, Size & LUTS?

- LUTS (lower urinary tract symptoms) in aging men is prevalent starting around 5th decade of life.
- Prostate enlargement is common, but it is not the only factor contributing to LUTS in these men.
- 999 men residing in UK with low T in prospective cohort study, 750 started T replacement.
- Mean T 8.3 to 15.4 nmol/L in treated men vs 9.4-11.3 nmol/L in untreated (note overlap in groups based on this outcome).
- No difference in prostate occurrence, IPSS score (main instrument for LUTS in men).

Testosterone Replacement: Does it influence CV disease risk?

- Evidence concerning influence of TR on risk of cardiovascular disease is **mixed**:
  - Initial research found no increased risk, and they found association between T deficiency and endothelial disease.
  - Vigen et al. reported findings from observational study of 8709 men that linked CV risk with T levels >300ng/dL, AR 5.8% (95% CI 1.4% to 13.1%).
    - Multiple problems with statistical analysis (absolute occurrences in men receiving T was half that of those not receiving T; excluded men who started T after MI; 10% of subjects were women).

- ISSM argues TR improves CV health and/or ameliorates risk for CV disease:
  - CV disease is a risk factor for T deficiency; studies that fail to control for this may suffer from selection bias.
  - T Replacement improves CV risk factors including reduced fat mass, improved lean muscle mass, improved glycemic control and insulin sensitivity.
  - T Replacement has been shown to reduce mortality in younger men.

For both views; additional research is needed.
**Testosterone Replacement and Bone Health**

- Androgens protect against development of osteoporosis in aging men.
- Bone Mineral Density increased in 8 of 8 studies; 4 published 4 derived from grey literature (abstracts, proceedings); pooled N=76; sample sizes varied from 4-29; treatment time varied from 3-14 months.
- ↓ bone density considered one of the multiple related conditions used to justify need for TR in selected men.
- Recent update to ACP update to 2008 guidelines for treatment or osteoporosis in men.


**Testosterone Replacement and Polycythemia**

- Well known adverse side effect of TR.
- Study of 179 men with median 7 month follow up in world class andrology clinic.
  - 49 (27%) had 10% or greater change in hematocrit (erythrocytosis).
  - Erythrocytosis (hematocrit ≥ 50% rise) developed in 36 (20.1%).
  - Men with polycythemia had significantly higher DHT levels than those without; researchers suggested possible role for 5α-reductase inhibitor.
- May be beneficial in the small cohort of men with low T and pre-existing idiopathic anemia.

3. Figure: https://www.epainassist.com/blood-diseases/polycythemia

**Testosterone Replacement and Obesity**

- Obesity strongly linked to T deficiency, especially in morbidly obese men.
- TR interruption associate with ↑ BMI in study of 262 men.
- The corollary clinical question is; does TR ↓ lean body mass and ↑ central obesity.
- 5 studies, 4 published one from gray literature; pooled N =108 subjects, treatment from 3-18 months.
- Various outcomes used: CT scan for body fat distribution, as part of bone density examination, bioimpedance plus CT, hydrostatic (underwater mass displacement); evidence is weak but generally favorable.

Testosterone Replacement

- Does it affect muscular strength and physical performance?
  - 256 men ≥ 60 years of age enrolled in placebo controlled, double blind, randomized controlled trial, 3 sites in US, T deficient given T gel to serum t of ≥ 300 ng but < 900 ng, other had baseline normal T, none received personal training within 2 years of enrollment
  - T replacement for 3 years significantly improved:
    - Unloaded and loaded stair-climbing maximum power, p=0.026
    - Improved strength in chest press (bench press) maximum weight, p<0.001
    - No difference endurance in chest press, no difference in leg press maximum strength or endurance
  

Testosterone Replacement and Cognitive Function & HRQOL

- Evidence is insufficient for definitive conclusions
  - Sparse research in this area, T considered possibly protective against Alzheimer’s and dementia but probative evidence lacking
  - Recent study of 19 men younger, mean age 30.5 years, with documented hypogonadism received T for 2 years
  - Significant improvements in attention and visual scanning abilities, executive function, psychomotor speed, and short term memory
  - No differences in HRQOL or emotional state


T Replacement and Men with Prostate Cancer History

- T has the very real potential to exacerbate existing prostate cancer but...
  - T replacement has been deemed safe in men who have undergone radical prostatectomy and who have undetectable PSA levels; meta-analysis suggest recommend non-injectable formulations safest
  - T replacement has been deemed safe in men following radiation therapy who have undetectable PSA levels
  - I strongly recommend referral to a urologist with expertise in T replacement in both cases

Pharmacotherapy in Men with T deficiency: Alternatives to TR

- Several medications are used by specialists in men with fertility concerns; none are approved for this indication by the US FDA
  - Clomiphene citrate: enhances endogenous T production
  - Anastrozole: blocks conversion (aromatization) of T to estrogens, resulting in higher serum T and lower estradiol
  - Human chorionic gonadotropin: enhances endogenous T production

I strongly recommend referral to urologist with expertise in andrology when treating any men with T deficiency who wishes to preserve fertility


Conclusions

- A gradual decline in T levels is an age related phenomenon in men
- T deficiency and hypogonadism is a clinically relevant syndrome affecting some men
- Assessment focuses on combination of biochemical evidence of T deficiency and clinical symptoms
- Treatment primarily focuses on TR; long-term follow up in these men is essential