



TESTOSTERONE REPLACEMENT THERAPY

EVND would like to describe the procedure for testosterone replacement therapy for men. If you did not know, men can experience significant symptoms with loss of sex hormones in response to aging. The symptoms of fatigue, low motivation, low libido, and erectile dysfunction are the most common complaints. The physicians of EVND are experienced in managing testosterone replacement therapy and intend to provide both effective and cost efficient solutions.

Federal regulations require physicians to authorize refills every six months for testosterone replacement. Good management of benefits and potential risks also require the physician to repeat certain labs every six months. For this reason patients being prescribed testosterone will need to be scheduled for labs every six months for ongoing treatment.

Once yearly a comprehensive panel to evaluate immune function, inflammation, major nutrients, diabetes risk, cardiovascular risk, energy production, and all hormone levels will be ordered. These panels are able to predict premature aging and risk factors for diabetes, heart disease, and even dementia. The following labs are recommended: CBC, CMP, CRPhs, HgA1c, Insulin, Lipid, Ferritin, TSH, T4free, T3free, Thyroid Peroxidase Ab, Anti-thyroglobulin Ab, Cortisol morning, Homocysteine, DHEA-S, Vitamin B12, VitD25[OH], Estrogen, Testosterone total and Testosterone free, and PSA.

Halfway through the year, labs are completed to follow up on specific abnormal labs and to monitor testosterone and other hormone levels to be reviewed with the physician. Minimally this includes CBC, CMP, Estrogen, Testosterone Total and Free, and PSA

We recommend for the most efficient use of time, that labs are completed before the visit with the physician. Our staff will do their best to schedule patients accordingly, and will often recommend scheduling labs ahead of time so that it is on everyone's calendar.

The physicians of EVND can review with you the various options for hormone replacement therapy and help you safely manage this effective therapy and even apply it within the framework of anti-aging medicine.

Gratefully,

THE EVND TEAM