

# Is It **LowT**?

## It's Not What You Think...It (Could Be) Low T

### Facts for Women: Understanding the Symptoms of Low Testosterone in Men

#### What is Low T?

Decreased production of testosterone can lead to the signs and symptoms of Low T, which affects millions of men in the U.S. Some of the signs and symptoms of Low T include decreased sex drive, fatigue or loss of energy, reduced muscle mass and strength, or sexual dysfunction. The symptoms are subtle and similar to those caused by other medical conditions such as obesity, diabetes, and hypertension.

Men may be resistant to discussing issues with their female partners, but women who educate themselves about the symptoms associated with Low T can help motivate the men in their lives to talk to their doctors.

#### What is he thinking? What is she hearing? What is he really experiencing?

He Says...	She Thinks...	What May Be The Issue...
<i>I don't have much energy anymore.</i>	<i>He's just making excuses.</i>	Low T can affect <b>energy levels</b> and can affect the level of participation in the activities he once did.
<i>I feel depressed for no reason.</i>	<i>He's in a slump and needs to snap out of it.</i>	When a man experiences Low T, he can begin to experience <b>mood changes</b> . Often, he is unaware that Low T is a medical condition with symptoms that can affect him physically and emotionally. He may be reluctant to talk to his doctor, spouse or friends, leaving him feeling isolated and depressed.
<i>I don't have the sex drive I used to.</i>	<i>Maybe he doesn't find me attractive. Or, he could have ED.</i>	Low T and ED are 2 different medical conditions with different symptoms, and the majority of patients with ED do not have Low T. Low T <b>affects interest in sex</b> , as well as the ability to perform sexually, while ED only affects the ability to perform sexually.

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#### How can you help?

Low T can affect a man's physical composition as well as making him feel fatigued, depressed, or less interested in sex. If you suspect your male partner has many of the symptoms related to Low T, it is important to be supportive and reassuring.

- o Ask him if he is aware of the symptoms of Low T and how it can affect his mood, energy, and sex drive.
- o Let him know that Low T, medically known as hypogonadism, is a condition that affects millions of men in the U.S.
- o Encourage him to see a doctor about his symptoms, and ask if he should be tested for Low T.
- o If he is diagnosed, his doctor will discuss treatment options, including prescription testosterone therapies in the form of gels, patches, buccal tablets, or injections.
- o Visit [www.IsItLowT.com](http://www.IsItLowT.com) for more information.