

# Low Testosterone Therapy for Men

Testosterone plays a critical role in maintaining youthful neurological structure, alleviating depression, as well as inducing fat loss in those who are unable to reduce body weight regardless of diet and exercise.

Recent studies have demonstrated that low testosterone in men is strongly associated with metabolic syndrome, type 2 diabetes, cardiovascular disease, and an almost 50% increase in mortality over a seven year period.

Restoring testosterone to youthful ranges in men can result in an increase in insulin sensitivity as well as a reduction in total cholesterol, fat mass, waist circumference and pro-inflammatory cytokines associated with atherosclerosis, diabetes, and the metabolic syndrome. Testosterone therapy can also significantly improve sexual desire and improve functional capacity.