

## Male Testosterone Replacement Acknowledgement Form

**General.** Testosterone replacement therapy is intended to replace the diminishing levels in a male's body. The goal of the replacement therapy is to achieve optimal levels of testosterone which would be considered the upper levels of normal in men to achieve potential resolution of symptoms associated with low testosterone. These symptoms may be present in men who have levels considered to be in the "normal range" by many physicians and laboratories.

**Benefits and Risks.** Advantages of testosterone therapy for men include: a) behavioral changes including decreasing depression, anxiety and irritability; increasing energy and motivation, allowing one to cope better, improving one's self-image and self-worth, and enhancing one's stamina; b) improvement in one's cognitive function so one is no longer operating "in a fog," improving short-term memory and allowing one to stay focused to complete a task; c) physical effects such as decreasing total body fat, increasing lean body mass, increasing muscle mass, and increasing bone mass; and, d) sexual benefits such as increasing libido, increasing early morning erections, increasing firmness, and duration of erections.

The above benefits do come with some risks. Very high dose consumption of synthetic testosterone has been associated with serious risks, complications and side effects including liver and heart problems and elevated cholesterol.

There is some risk of enhancing an existing current prostate cancer to grow more rapidly. For this reason, a rectal exam and/or prostate specific antigen blood test should be done before starting testosterone and conducted each year thereafter. If there is any question about possible prostate cancer, a follow-up with an ultrasound of the prostate gland may be required as well as a referral to a qualified specialist. While urinary symptoms typically improve with testosterone, rarely they may worsen, or worsen before improving. Testosterone therapy may increase one's hemoglobin and hematocrit or thicken one's blood which can increase risk for stroke, liver disease and other conditions. This problem can be diagnosed with a blood test. Thus, a complete blood count (Hb & Hct.) should be done at least annually. This condition can be decreased by donating blood periodically.

An additional concern, especially in younger men, is the suppression of the development of sperm and the sperm count with a dramatic reduction while a person is on testosterone therapy. Testosterone replacement therapy can result in permanent infertility. In most men, however, this appears to be a reversible process, once the testosterone is discontinued. Typically, the sperm count is restored, usually in 3-6 months once testosterone therapy is discontinued. This potential effect is extremely important in younger men or men planning to father more children who are taking testosterone therapy. In this early stage, we recommend these men to produce samples and have them frozen, just in case there is any permanent long-term effect in their situation. We encourage any men who are concerned about their fertility in the future to have a semen analysis prior to initiation of testosterone therapy. Currently, testosterone administration is not to be used as a form of male contraception.

***I have read and understand the above. I have been encouraged and have had the opportunity to ask any questions regarding testosterone replacement therapy. All my questions have been answered to my satisfaction. I further acknowledge that the risks and benefits of this treatment have been explained to me and I have been informed that I may experience complications, including one or more of those listed above. I accept these risks and benefits of testosterone replacement. I intend to use the medication as prescribed and not stray from my physician's recommendations which can lead to increased risks for serious side effects.***

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Patient Name

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Date of Birth

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Signature

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Date