

TESTOSTERONE PILLS, CREAMS AND INJECTIONS CAN GIVE YOU TOO MUCH TESTOSTERONE AND CAUSE UNWANTED SIDE EFFECTS .

HOW WILL YOU KNOW IF YOU'RE GETTING TOO MUCH TESTOSTERONE?

- Excessive or unwanted sexual thoughts and drive
- Aggressive or violent dreams
- Irritability, difficulty sleeping
- Acne, oily skin, facial hair
- Rapid loss of scalp hair as in male-pattern balding
- Uncontrollable food cravings
- Upper body or waist area fat
- Increased blood pressure
- High cholesterol

CAUTIONS

- Women should not take testosterone without estrogen
- You should not take testosterone if you are pregnant or nursing
- Testosterone doses need to be kept in a low range appropriate for women

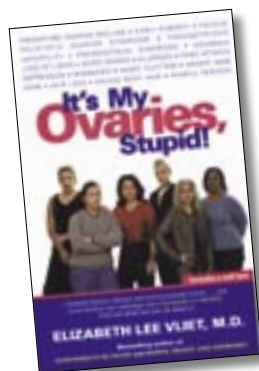
TALK TO YOUR DOCTOR

Talk to your doctor about which treatment options may be best for you. Make sure your doctor is knowledgeable about hormones and their effect on the body.

1. "Female androgen insufficiency: the Princeton consensus statement on definition, classification, and assessment," *Fertility and Sterility* 2002; 77: 660-665. Bachman G., Bancroft J., Braunstein G., Burger H., Davis S., Dennerstein L., Goldstein I., Guay A., Leiblum S., Lobo R., Notalovitz M., Rosen R., Sarrel P., Sherwin B., Simon J., Simpson E., Shifren J., Spark R., Traish A.
2. "Androgen replacement therapy in women," Cameron D.R., Braunstein G.D., *Fertility and Sterility* 2004; 82: 273- 289.

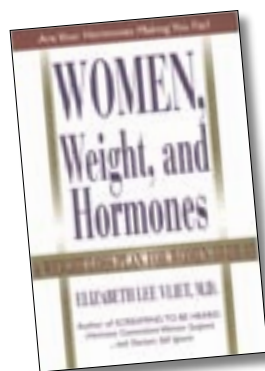
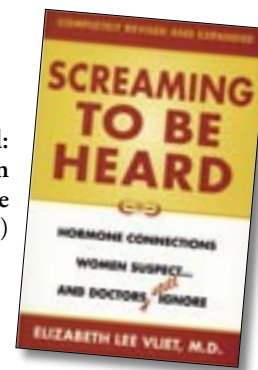
FOR MORE INFORMATION

See these books by Elizabeth Lee Vliet, M.D.:



It's My Ovaries, Stupid!
(Scribner, 2003)

**Screaming to Be Heard:
Hormone Connections Women
Suspect and Doctors Ignore**
(M. Evans, rev. 2001)



Women, Weight and Hormones
(M. Evans, 2001)

Acknowledgments:

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Elizabeth Lee Vliet, M.D.

Founder of HER Place: Health Enhancement and Renewal for Women, Inc.

DO WOMEN NEED TESTOSTERONE?

MORE THAN YOU MIGHT THINK.



TESTOSTERONE... A WOMAN'S HORMONE TOO.

IS THIS YOU?

- Loss of interest in sex
- Loss of sexual sensation
- Easily fatigued, low energy, decreased stamina
- Feeling blah, flat or blue
- Diminished muscle tone and strength; feeling muscles are getting "weaker," not responding to exercise as well
- Reduced height - may be due to bone loss
- Thinning hair
- Dry eyes
- More frequent headaches

You might be suffering from low testosterone. That's right. Testosterone. The "male" hormone.

TESTOSTERONE - AS NATURAL TO WOMEN AS ESTROGEN

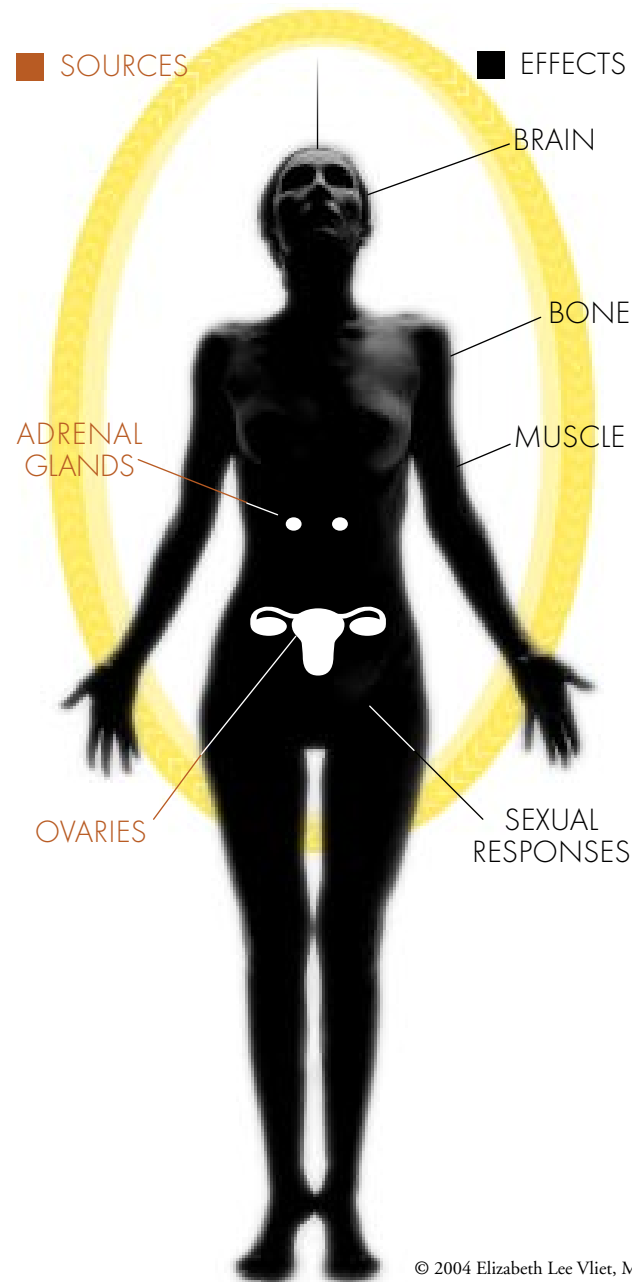
You might think of testosterone as simply for men. But the truth is, testosterone is as natural to women as estrogen. In fact, from your teen years until menopause, your body will make more testosterone than estrogen! And testosterone is crucial to a woman's health and well-being.

You don't have to simply accept testosterone decline as your fate. Talk with your doctor.

WHAT DOES TESTOSTERONE DO?

- Stimulates sexual desire, dreams and thoughts
- Improves sexual response
- Improves muscle strength
- Helps maintain better muscle/fat balance
- Helps build bone and prevent bone loss
- Maintains normal energy level
- Improves sense of well-being
- Affects hair growth on body and scalp
- Helps improve immune function
- Helps prevent hot flashes and headaches

TESTOSTERONE



HOW MUCH TESTOSTERONE DOES YOUR BODY PRODUCE?

- About 10 percent of what a healthy man has
- The average amount per day in young women is 200-400 micrograms, half from the ovaries and half from the adrenal glands

WHAT CAN CAUSE LOW TESTOSTERONE?

- Getting older
- Removal of ovaries, such as with hysterectomy - causes loss of 50 percent or more of natural testosterone
- Damage to ovaries from illness, chemotherapy, surgery, toxins, possibly even tubal ligation
- Medications - including many antidepressants, especially SSRIs (selective serotonin reuptake inhibitors), birth control pills, oral hormones for menopause, corticosteroids (such as used for asthma, allergies and arthritis)
- Prolonged, severe stress
- Obesity
- Combination of these factors

WHAT CAN YOU DO IF YOUR TESTOSTERONE LEVEL IS LOW?

- Blood tests are the gold standard for measuring testosterone
- Your doctor can prescribe testosterone to improve symptoms when your levels are low
- Non-oral ways of restoring testosterone are more advantageous because:
 - Bypasses the liver on first pass - in other words, doesn't break down into other compounds that may have ill effects
 - Doesn't increase the "bad" cholesterol or lower the "good" cholesterol
 - Keeps levels steady in normal range, avoiding unwanted highs or lows
 - Minimizes undesirable side effects