



HEMAN HEALTH

Testosterone Replacement Therapy (TRT)

HEMAN Health – Patient Guide



At HEMAN Health, we provide **clinically led testosterone assessments and treatment** for men experiencing symptoms of low testosterone.

Testosterone Replacement Therapy (TRT) can significantly improve quality of life in the right patients—but it must be prescribed safely, following proper medical evaluation and ongoing monitoring.

What is Testosterone Replacement Therapy?

TRT is a medical treatment used to restore testosterone levels in men diagnosed with **testosterone deficiency (hypogonadism)**.

This involves prescribing regulated testosterone medication to bring hormone levels back into an optimal range.

At HEMAN Health, TRT is only considered after:

- A full clinical consultation
- Appropriate blood testing
- A clear medical indication

Who is TRT suitable for?

TRT may be appropriate if you have:

- Persistent symptoms of low testosterone
- Confirmed low testosterone levels on blood testing
- No contraindications to treatment

Common symptoms include:

- Low energy or fatigue
- Reduced libido
- Erectile dysfunction
- Low mood or reduced motivation
- Loss of muscle mass

Not everyone with symptoms will require TRT. Our role is to **identify the cause and guide you appropriately**.

Your HEMAN Health TRT Journey

1. Initial Assessment

You begin with:

- A structured consultation
- Comprehensive blood test (XP1 profile)

This evaluates:

- Testosterone levels
 - Hormonal balance
 - General health markers
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2. Confirmation (if required)

If testosterone is low, a **second confirmatory blood test** may be required to ensure an accurate diagnosis.

3. Clinical Review

We assess:

- Symptoms
- Blood results
- Medical history

At this stage, we determine:

- Whether TRT is appropriate
 - Or if alternative approaches are needed
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4. Treatment Initiation

If suitable, TRT is started with a personalised plan.

At HEMAN Health, the **primary approach is injectable testosterone**, as this allows:

- Better dose control
- Consistent levels
- Clear monitoring

Patients are:

- Trained in safe administration (if self-injecting)

- Provided with appropriate equipment and guidance
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5. Ongoing Monitoring

TRT is not a one-off treatment—it requires **structured follow-up**.

Monitoring includes:

- Regular blood tests (XP2 profile)
 - Dose adjustments if needed
 - Ongoing symptom review
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How TRT works

TRT increases testosterone levels in the body, which can lead to improvements in:

- Energy levels
- Libido and sexual function
- Mood and motivation
- Muscle mass and strength
- Overall wellbeing

However, TRT **does not cure the underlying cause** of low testosterone. It is typically a **long-term treatment**.

Benefits of TRT

When appropriately prescribed and monitored, TRT may:

- Improve quality of life
 - Restore normal hormone levels
 - Support physical and mental wellbeing
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Risks and Side Effects

Like any medical treatment, TRT carries potential risks.

Possible side effects include:

- Acne or oily skin
- Fluid retention
- Breast tenderness
- Reduced fertility
- Testicular shrinkage
- Worsening of sleep apnoea

Blood test changes may include:

- Increased red blood cell count
- Changes in PSA levels

This is why **regular monitoring is essential**.

Who should not start TRT?

TRT may not be suitable if you have:

- Prostate cancer
- Breast cancer
- Untreated sleep apnoea
- Severe heart conditions
- Elevated red blood cell counts

TRT is also **not recommended if you are planning to have children**, as it can reduce sperm production.

How quickly does TRT work?

Most patients begin to notice changes within a **few weeks**, but:

- Full effects may take several months
- Progress varies between individuals

If there is **no improvement after 3–6 months**, we will reassess whether TRT is appropriate.

Can TRT be stopped?

Yes. TRT can be discontinued if:

- Side effects occur
- There is no clinical benefit
- Your circumstances change

If stopped, testosterone levels will gradually return to baseline.

Is TRT safe?

When prescribed appropriately and monitored correctly, TRT is **generally safe**.

However:

- It requires ongoing clinical oversight
- Long-term effects are still being studied

At HEMAN Health, patient safety and clinical governance are central to everything we do.

Our Approach at HEMAN Health

We don't offer "quick fixes."

Our focus is:

- Proper diagnosis
- Evidence-based treatment
- Safe, structured monitoring
- Honest clinical advice

If TRT is not right for you, we will tell you.

A final note

If you're experiencing symptoms of low testosterone, you don't have to ignore them.

The first step is a **proper assessment**.

At HEMAN Health, we'll guide you through:

- Understanding your symptoms
- Interpreting your results
- Making the right decision for your health



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