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Technical T terms and *what they really mean*

The *basics*



Testosterone

What it means: a hormone that plays a key role in male development and health.

Why it matters: It affects energy, mood, muscle mass, bone health, and sex drive.



TRT (Testosterone Replacement Therapy)

What it means: A treatment that restores testosterone levels through injections, creams, or other methods.

Why it matters: It helps alleviate symptoms of low testosterone, such as fatigue and reduced libido.

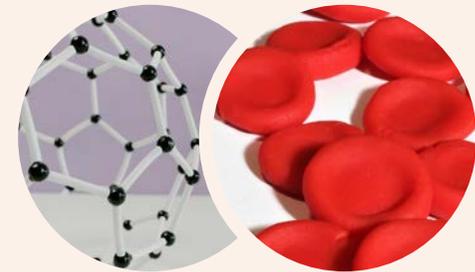


Male hypogonadism

What it means: A condition where the body doesn't produce enough testosterone.

Why it matters: TRT is often used to treat hypogonadism, improving quality of life.

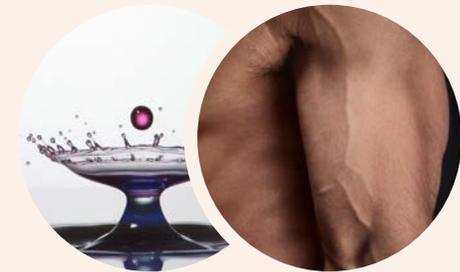
The *science*



SHBG (Sex Hormone-Binding Globulin)

What it means: A protein that binds to testosterone in the blood.

Why it matters: High SHBG can reduce the amount of free testosterone available to your body.



Free Testosterone

What it means: The testosterone in your blood that's not bound to SHBG or albumin.

Why it matters: It's the active form of testosterone that your body can use.



Oestradiol

What it means: A form of oestrogen produced from testosterone.

Why it matters: Balanced oestradiol levels are essential for bone health, libido and erectile function, and overall well-being in men on TRT.

Monitoring & *safety*



HCT (Haematocrit)

What it means: The percentage of red blood cells in your blood.

Why it matters: High levels can occur with TRT, increasing the risk of blood clots. Regular monitoring is crucial.



PSA (Prostate-Specific Antigen)

What it means: A protein produced by the prostate gland.

Why it matters: Elevated levels may indicate prostate issues, so it's checked regularly during TRT.



LH (Luteinising Hormone)

What it means: A hormone that signals the testes to produce testosterone.

Why it matters: LH levels help determine the type of hypogonadism before starting TRT. Levels typically fall while on TRT.

Treatment *options*



IM (Intramuscular) Injections

What it means: Testosterone is injected directly into the muscle.

Why it matters: Provides steady absorption but requires proper technique.



Transdermal creams or gels

What it means: Testosterone is absorbed through the skin via a cream or gel.

Why it matters: A convenient daily option, ideal for those who prefer not to inject.



Oral preparations (capsules)

What it means: Testosterone is taken by mouth in the form of a capsule.

Why it matters: Some men find this a more convenient form of TRT.



Aromatase Inhibitors (AIs)

What it means: Medications that reduce the conversion of testosterone to oestrogen.

Why it matters: Sometimes used to manage high oestrogen levels in men on TRT.

Key takeaways



Understand your terms: Knowing these terms empowers you to make informed decisions about your treatment.



Ask questions: If something is unclear, always ask your doctor or ANP for clarification.



Your health, your journey: TRT is a personalised treatment —understanding the terminology is a key step toward taking charge of your health.

Additional *terms*

Bioavailable Testosterone

What it means: The testosterone that is free or weakly bound to proteins, making it readily available for the body to use.

Why it matters: This is a key measure for diagnosing low testosterone and monitoring TRT efficacy.

Half-Life

What it means: The time it takes for half of a substance (like testosterone) to be eliminated from the body.

Why it matters: Different forms of TRT (e.g., injections, creams) have varying half-lives, which impact dosing schedules.

Secondary Hypogonadism

What it means: A form of low testosterone caused by a problem in the brain (pituitary or hypothalamus), not the testes.

Why it matters: Understanding the type of hypogonadism helps guide the treatment approach.

HCG (Human Chorionic Gonadotropin)

What it means: A hormone used alongside TRT to stimulate natural testosterone production and preserve fertility.

Why it matters: Often prescribed for men who want to maintain fertility while on TRT.

Aromatisation

What it means: The process by which testosterone is converted into oestrogen in the body.

Why it matters: Excess aromatisation can lead to high oestrogen levels, causing side effects like water retention or gynaecomastia (enlarged breast tissue).

Gynaecomastia

What it means: The enlargement of male breast tissue, often caused by hormonal imbalances.

Why it matters: A potential side effect of TRT if oestrogen levels are not monitored.

Androgen Receptors

What it means: Proteins in the body that testosterone binds to to carry out its effects.

Why it matters: Healthy androgen receptor function is essential for TRT to work effectively.

Trough Levels

What it means: The lowest concentration of testosterone in your blood, typically measured right before your next dose.

Why it matters: Helps assess whether your TRT dose and timing are optimal.

Erythrocytosis

What it means: An increase in red blood cell count, which can occur with TRT.

Why it matters: Needs to be monitored to avoid complications like blood clots.

Libido

What it means: Sexual desire, often linked to testosterone levels.

Why it matters: TRT can help improve some men's libido, especially if their total testosterone levels are very low.

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