



The
Testo Clinic
Testosterone Replacement Therapy



Patient Program Booklet

Contents

1. Contents
2. About Us & What is Testosterone?
3. What is Low Testosterone?
5. Causes of Testosterone Deficiency
6. Benefits of Treatment
7. Health & Lifestyle
8. Instructions
9. Testosterone Cream
10. Testosterone Troches (lozenges)
11. Possible Side Effects
12. Terms & Conditions
13. Contact Details



About Us

At The Testo Clinic we pride ourselves on providing treatment programs with a first-class service. We are not here to make decisions for you, we are here to help you make the right choices and make an informed decision in overcoming the struggles associated with Testosterone deficiency.

We are driven by a strong desire to focus on you, the patient. Your health and well-being are how we gauge our success. Our goal is to try and relieve the symptoms of Testosterone deficiency, and hopefully give you back the quality of life you deserve.

Testosterone deficiency is not an issue you have to put up with. We will all grow old, this is natural, however feeling old is not. Mood swings, stress and anxiety do not have to dictate your life and relationships. We have created this company to help people regain control of their lives, improve their health, relationships and overall well-being.



What is Testosterone?

Testosterone is a naturally occurring hormone called an androgen. It is produced primarily in the testes in men, small amounts by the ovaries in women, and also small amounts by the adrenal glands in both sexes.

Testosterone is used in men and boys to treat conditions due to androgen deficiency, such as lack of natural testosterone, low libido, delayed puberty, and impotence. Testosterone may be used by women to treat some types of cancer and also to enhance libido.

Testosterone may also be used for other conditions not listed here.

What is Low Testosterone?

Hypogonadism, testosterone deficiency, or andropause are all names given to low or decreased testosterone levels. Testosterone is produced by both men and women it is an essential hormone that plays a crucial role in health and wellbeing. The definition of low testosterone is when the levels in blood are recorded at a level lower than normal. Testosterone replacement therapy has been for many years ignored and avoided, but focus has shifted in recent years and the benefits have become apparent, thanks to medical breakthroughs and controlled scientific research. Today treatment options are greater, our testosterone treatments are closely monitored and tailored to meet individual requirements. All males at some point will experience symptoms of low testosterone levels, usually after the age of 30. Low testosterone has also been recorded in younger males, this is called genetic hypogonadism.

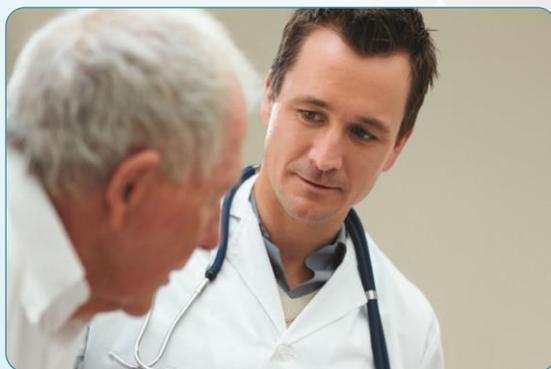
Some common signs or indicators of low testosterone include;

- Reduced libido, erectile dysfunction
- Diminished strength and recovery rate
- Lack of energy
- Interrupted or difficulties sleeping
- Negative/unexplained mood swings or mild to sometimes severe depression.

The medical phrase used to describe severe testosterone deficiency is male “Hypogonadism”.

The degree of severity can vary from person to person, however there is a similarity of symptoms in testosterone deficient males - these include; fatigue, lethargy, mood changes, short temper, sexual dysfunction, erectile dysfunction, loss of sexual interest/libido, diminished muscle strength/body tone and definition, brittle bones. Regardless of the underlying cause of the testosterone deficiency the treatment is universally testosterone supplementation. Testosterone replacement therapy (TRT) replaces the testosterone concentration to normal in men with all degrees of hypogonadism. TRT is highly effective in restoration of blood testosterone levels to the normal ranges and safely and effectively resolves all symptoms associated with testosterone deficiency.

The use of TRT in middle aged and older men, who exhibit symptoms associated with lowered levels, is one of the most rapidly expanding areas of medical practice. It is the Androgen Deficient Ageing Male (ADAM) or late-onset hypogonadal male that is the largest under diagnosed group of all testosterone deficient individuals. Symptoms are often non-specific, can be confounded by pre-existing medical conditions (obesity, chronic illness) and include lethargy, sleep disturbances, loss of libido, irritability, anxiety, reduced concentration and depressed mood. This individual will usually have a testosterone blood test that is at the bottom end of the "normal" range.



Causes Of Testosterone Deficiency

Our body's natural production gradually declines with age and is often compounded with poor lifestyle choices and also can be caused by health issues. The rate of age related decline varies between people and can be affected by many factors including:

- Other medical conditions
- Medications
- Injury or surgery
- Illness or infections
- Stress
- Alcohol intake
- Obesity

Low testosterone has also been linked to and can cause some serious medical conditions including cardiac disease, obesity, diabetes and sexual dysfunction.

Benefits of Treatment: Testosterone replacement is highly effective and beneficial. You will see vast improvements in mood, well-being, sexual function and your physical make-up improving your overall quality of life.



When increasing the levels of testosterone in your body you can achieve;

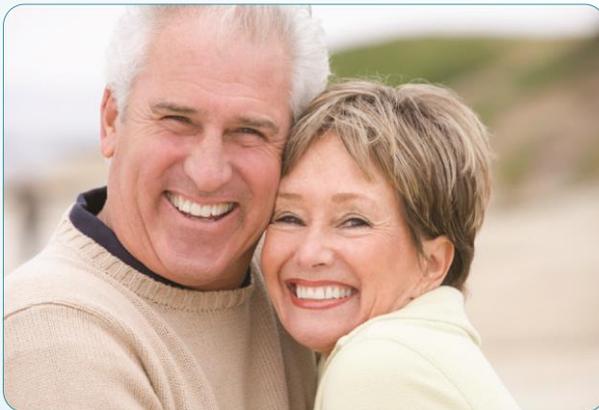
- Increased positive outlook and well being
- improved energy levels with less fatigue
- Increased libido or sex drive
- Enhanced feelings of sexual desire and sleep related erections
- Increased bone density
- Improved strength and muscle mass
- Increase in lean body mass
- Decrease in overall body fat

While using testosterone therapy, one's attitude improves, reinforcing self-esteem and self-confidence at work, as well as an increased energy at home and in social activities. Most men will find an improvement in their mood, feel more vigorous, and experience improved energy levels, concentration, libido, and sexual performance for an overall sense of well-being. These effects are usually felt within 2 to 6 weeks of beginning treatment. Other potential benefits include improved body composition, muscle mass and muscle strength, as well as improvement in visual-spatial skills. Of course, any ongoing strategy to reduce the symptoms and risks of andropause should incorporate lifestyle approaches such as optimal diet, regular exercise, stress-management and the reduction of tobacco and alcohol intake.



Health & Lifestyle

As we all know health and lifestyle choices are what make or break a healthy lifestyle. Poor choices are often the cause of bad habits and will always affect the way you feel and your overall health. We advise that throughout the program you follow a healthy diet and also exercise as much as possible. As you move forward with you program you will experience all the great benefits associated with your treatment and so will your health and lifestyle. We will be with you every step of the way tailoring your program making sure that you get the maximum benefits out of your treatment.



Instructions

What should I discuss with my Doctor before using testosterone?

- Do not use testosterone without first talking to our Doctor if you have prostate cancer. Testosterone should also not be used by men with breast cancer.
- Before using testosterone, tell our Doctor if you have Benign Prostatic Hyperplasia (BPH), Liver Disease, Heart Disease, Kidney Disease, or High Cholesterol.
- You may not be able to use testosterone, or you may need a dosage adjustment or special monitoring during treatment if you have any of the conditions listed above.

How to use Testosterone

Use testosterone exactly as prescribed by our Doctor. If you do not understand the Doctor's directions, contact us on 1300 983 126.

Our prescribing Doctor can discuss these issues with you if necessary. It is important to use testosterone regularly to get the most benefit. Our Doctor may want you to have blood tests and other evaluations during treatment to monitor progress and any side effects.



Testosterone Cream

How to use Cream:

Testosterone is easily absorbed through the skin, so it is recommended that you apply it to areas where the skin is relatively thin. Our Doctor will normally recommend you apply the cream to the insides of your wrists and the insides of your elbows. Testosterone cream is normally supplied in a pump cannister, each cannister containing 85 grams of cream. This should be sufficient to last approximately 85 days (usage of 1 gram per day). Care must be taken to use the correct dosage. This will ensure the treatment will last for the duration of the program. Store testosterone cream at room temperature, away from moisture and heat.

How much do I use?

Our Doctor will tell you the correct amount to apply per day.

The normal dosage is one gram of cream at a given strength applied once daily at the same time each day to the areas discussed above. Our Doctor may prescribe a different dosage, so read the instructions on the label carefully.

How long after I apply the cream can I swim or shower?

Testosterone cream is well absorbed within one hour of application so swimming or showering can take place after this time.

Testosterone Troches (Lozenges)

How to use Troches

Troches are lozenges that deliver medication via the lining of the mouth to the bloodstream. To use a troche, place it in the pouch between your gum and your cheek and allow it to dissolve slowly. This may take 20-40 minutes and allows the medication to be absorbed more effectively through your mouth lining. **TRY NOT TO CHEW, SUCK OR SWALLOW THE TROCHE** as doing so will make the contents flow into your stomach, where testosterone is not well-absorbed. Troches are designed to dissolve at body temperature so **STORE THE TROCHES AT OR BELOW 25°C, PREFERABLY IN THE FRIDGE**. If for some reason the troches become soft, simply place them in the fridge. This will help recompose the medication. It is not advised to allow this to occur as, like all medicine subjected to higher than recommended temperature, the effectiveness can be compromised.

What happens if I miss a dose?

Use the missed dose as soon as you remember. If it is almost time for your next dose, skip the dose you missed and use the next scheduled dose. ***Do not use a double dose of testosterone cream.***

What are the possible side-effects?

All medications can cause varying degrees of side-effects and must be outlined for the benefit of patients. Bio-identical testosterone when administered with the correct dose normally has very minimal if any side effects at all. Please contact us immediately if you have the following symptoms: nausea, vomiting, swelling of arms and legs, prolonged or painful erections, or yellowing of the skin and eyes. These may be signs of serious unwanted effects. If you experience signs of a serious allergic reaction (difficulty breathing, swollen tongue, lips, throat or face, or hives), stop using testosterone immediately and seek emergency medical attention. Other less common serious side-effects include: hoarse or deepened voice, acne or oily skin, changed sex drive and increased hair growth. So be sure to tell us if anything seems unusual.



Terms & Conditions

The Testo Clinic Pty Ltd

1. You agree to and accept the terms and conditions as set out herein as the express basis of the agreement between you and us.
2. You have contacted us as a consequence of viewing our website and engage us to prepare a program for the fee as previously disclosed.
3. The fee for the program is inclusive of GST and you must pay the fee inclusive of GST prior to receiving the program and clinical or medical consultation.
4. You agree to provide all requested information by us in an honest and forthright way so that we may provide a suitable program for you.
5. You acknowledge that we facilitate clinical consultation only and that all advice provided by that clinical or medical practitioner is provided to you independently of us.
6. We will arrange the clinical consultation by telephone and you agree to provide the clinical or medical practitioner with all information requested.
7. You understand that the clinical or medical practitioner will make a determination as to whether you are deemed suitable for a program. If not, we may terminate this agreement and refund to you any money paid by you at that time less a reasonable administration fee, currently 15% of the program price.
8. If you are deemed suitable for a program you agree to undertake all reasonably necessary tests including blood tests, pathology and other relevant tests for preparation of the program. We may choose not to provide a program to you despite pathology testing results.
9. You agree that the clinical or medical practitioner may prescribe medication or supplements. Such prescription is independent of us and accordingly you indemnify against any claim or consequence that you may suffer following any of the medication or supplements as prescribed by the clinical or medical practitioner.
10. You acknowledge that the program provided may not be strictly medical or clinical advice and you have made your own enquiries as to the advice or direction given by the clinical or medical practitioner to you.
11. You acknowledge and agree that you will not receive any refund of any moneys paid simply because you are not satisfied with:
 - a) the program;
 - b) the prescribed medication or supplement;
 - c) that you have changed your mind; or
 - d) for any other reason,without the written consent of us.
12. You agree that from time to time we will obtain your medical information and other personal information. We agree to maintain that information in the strictest confidence and will not disclose that information to any third party, other than to the clinical or medical practitioner, without your prior written consent, unless required by law.
13. You may request copies of your medical information, which we agree to provide to you after receipt of a reasonable fee to reproduce that information.
14. We shall not be under any liability to you whether in contract or tort or otherwise for any cause or claim by you whether occasioned by negligence or otherwise for any injury, damage or loss including special, indirect or consequential damage or loss whether to persons or property arising out of the program or any medication or supplements, including any defects in the medication or supplements, including any defect in the advice provided by the medical or clinical practitioner.

15. You agree that the provisions of the *Civil Liability Act 2002* (or any equivalent legislation) which provides for a proportionate liability regime is specifically excluded in relation to the rights, obligations and liabilities of the parties as contained herein.
16. We will not be held responsible in any way for any false or misleading information you provide.
17. These terms and conditions are governed by the laws in force in New South Wales and you irrevocably submit to the law of New South Wales.

Definitions

“us”, “we” means The Testo Clinic Pty Ltd

“you”, “your” means you

“clinical or medical practitioner” means any practising health care provider, clinical or medical practitioner that we engage on your behalf.

“fee” means any fees for the program having been previously quoted to you.

“program” means any recommendations, plans or other advice we believe relevant to your circumstances.





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