

# Low Testosterone

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## ABSTRACT

Low male testosterone levels impact multiple organ systems. Low testosterone impacts men's health with physiologic effects on cognition, muscle mass and strength, bone density, metabolic function, and mood. Differential diagnosis is based on history, physical exam, clinical symptoms, and testosterone levels. The medical management of low testosterone consists of replacement therapy and associated symptom management.

**Keywords:** androgen deficiency, hypogonadism, low testosterone, testosterone deficiency

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**T**estosterone is the male hormone responsible for the development and maintenance of male sexual function. The physiological effect of testosterone impacts muscle mass and strength, bone density, metabolic function, mood, and cognition.<sup>1</sup> Decreased testosterone production is known as testosterone deficiency or low testosterone (low T). A decrease in testosterone production is associated with

hypogonadism, a clinical syndrome resulting from failure of the testes to produce testosterone that results in decreased spermatozoa production and loss of testosterone's physiologic effect.<sup>1</sup>

## LOW T PREVALENCE

Approximately 2.4 million men age 40 to 49 have low T levels, with a new diagnosis of about 481,000 androgen

This CE learning activity is designed to augment the knowledge, skills, and attitudes of nurse practitioners and assist in their evaluation and diagnosis of low testosterone.

**At the conclusion of this activity, the participant will be able to:**

- Describe physiologic/pathophysiologic effects of low testosterone on men's health
- Evaluate differential diagnosis for low testosterone
- Construct a plan of care for men with low testosterone

The authors, reviewers, editors, nurse planners, and pilot testers all report no financial relationships that would pose a conflict of interest.

The authors do not present any off-label or non-FDA-approved recommendations for treatment.

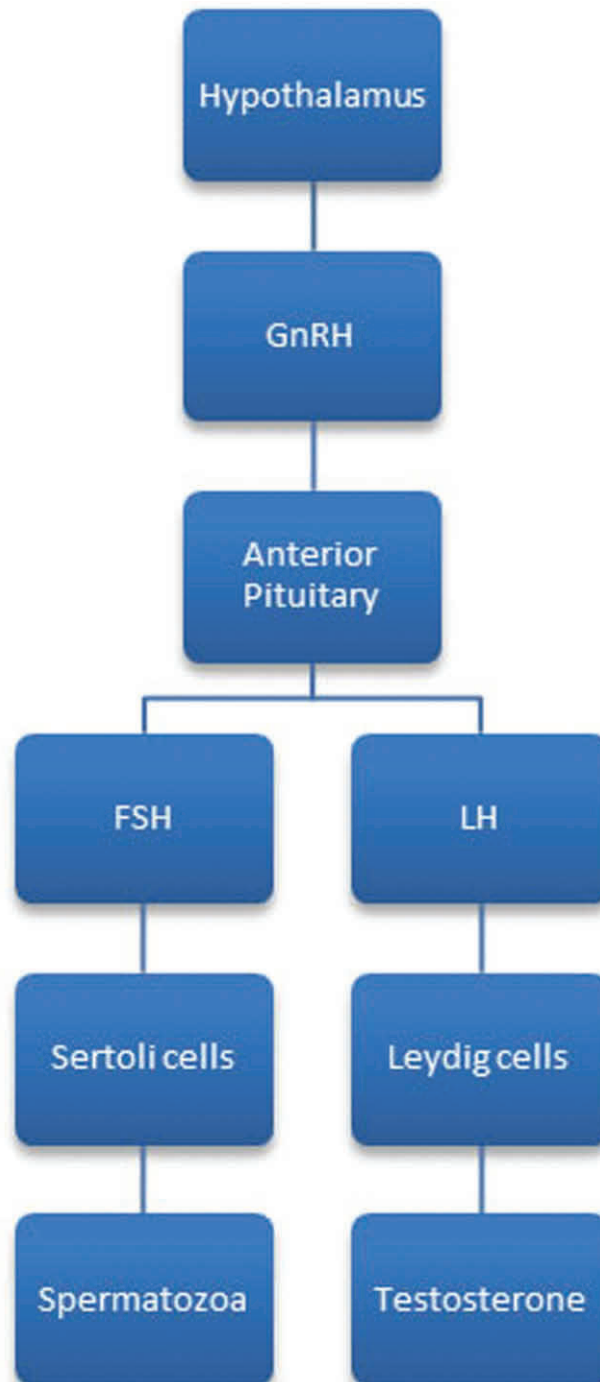
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**Figure 1.** Hypothalamic-Pituitary-Gonadal Axis



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