



NEWSLETTER

LATEST IN RESEARCH

A large clinical trial to show if Testosterone is safe?

In this edition of our newsletter, we delve into the fascinating world of testosterone, a crucial hormone that plays a pivotal role in various aspects of health and well-being. Often associated with masculinity, testosterone is equally important for both men and women.

Testosterone is a sex hormone primarily produced in the testicles in men and the ovaries in women. However, smaller amounts are also secreted by the adrenal glands. This hormone is responsible for the development of male reproductive tissues and the maintenance of male characteristics, such as muscle mass, bone density, and facial hair. In women, testosterone contributes to maintaining bone density, muscle mass, and overall well-being.

‘The New England Journal of Medicine’ published the latest and the largest randomized, placebo-controlled trial on testosterone, conducted after FDA determined to be inconclusive about testosterone safety against cardiovascular disease and prostate health. Many of the study findings are yet to come out, however the cardiovascular safety study demonstrated no increased risk in cardiovascular events. Additionally, the prostate trial of this study indicated no increased risk in any type of prostate cancer and no increased risk for worsening of urinary symptoms. A part of this study also demonstrated increased in sexual activity and libido, when testosterone was used as a mono-therapy. Erythrocytosis was also noted as a beneficial effect to treat anemia when given testosterone.

With remarkable benefits of testosterone therapy from this study, it’s imperative to exercise caution in certain populations, particularly those planning for conception as testosterone is a natural contraceptive, and in individuals with a history of prostate cancer undergone radical prostatectomy which still requires a lot of data. Furthermore, the trial also acknowledged a very slight increase in pulmonary embolism. Moreover, by staying informed and engaging in comprehensive discussions with healthcare professionals, individuals can make empowered decisions regarding their testosterone health.

Reference:

<https://www.medscape.com/viewarticle/999636>



Announcement

We are thrilled to share an exciting development that marks a significant leap forward in personalized healthcare at Medical Institute of Healthy Aging. Introducing the Previ Virtual Hormone Restoration Program, a revolutionary initiative designed to bring hormone restoration to the comfort of your own home.

At Medical Institute of Healthy Aging, we understand the vital role hormones play in maintaining overall well-being. Our commitment to delivering cutting-edge solutions led us to develop the Previ Virtual Hormone Restoration Program, an innovative approach that combines expert guidance with the convenience of virtual access.



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Previ Virtual Weight Management
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