



What Are the Symptoms of Low T?



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For many men, Low T is a confounding issue. This Low T FAQ will help strip away some of the mystery. Its symptoms present themselves in a wide variety of ways, many of which can be interpreted as signs of other health-related issues. This can make arriving at a diagnosis difficult, as doctors may suspect many possibilities before nailing down Low T as the cause of symptoms. When all you are doing is looking for answers, the process can be frustrating. The good news is that there are clear and effective answers for Low T. With the right treatment, your symptoms may be eliminated, and you can be yourself, again.

Testosterone, produced in the testes and regulated by the pituitary gland, plays an important role in many areas of a man's life. It has a hand in muscle building and maintaining bone mass, along with facilitating normal sex drive and sperm production. It also has a role in male fat distribution, and production of red blood cells. During puberty, testosterone plays a major role in what makes a man a man. Many of the attributes of masculinity are owed to testosterone, and without the right level of testosterone in adulthood; men can feel like less than their normal selves in many ways.

Low T, or Low Testosterone, can be caused by a number of factors. It is natural for men to begin producing lower levels of testosterone as they age, but if the level of testosterone drops too low, health problems may arise. Drops in testosterone can be caused by signaling problems between the brain and testes, or problems in the testes that directly diminish testosterone production. Still, other factors including medications, medical treatments like chemotherapy, or environmental toxins can lower testosterone production.

There are other potential causes, as well, that are typically related to pre-existing chronic health issues. These include obesity, some types of infections, diabetes, hormonal/pituitary disorders, and chronic kidney or liver conditions. No matter what the cause is, Low T can cause a number of problems for men, both physical and mental.

The following Low T FAQ will help you understand Low T, by presenting some of the key symptoms that arise. Though each symptom on its own may seem to be indicative of different health issues, the combination of a few or more is often a strong indicator that Low T is causing the symptoms.



Common Sexual Symptoms

- **Diminished Libido**

For all men, a desire for sex is both normal and healthy. When that desire is diminished or leaves completely, the effect can cause a certain level of shock and unease in even the most confident man. A diminished libido is one of the most common symptoms of Low T. It is also one of the most frustrating. Why would you suddenly lose the desire for sex suddenly? This thought can leave you questioning your masculinity, even though you are suffering these problems through no fault of your own. On a positive note, the right Low T treatment will enable the complete restoration of your sexual desire.

- **Sexual Dysfunction**

Along with decreasing your desire for sex, Low T can also diminish your ability to perform as expected when the moment arises. In some cases, Low T can cause erectile dysfunction. It is important to note that not all cases of ED are caused by decreased testosterone. Still, combined with other symptoms, ED can be an indicator of Low T. Just as with a lack of sexual desire, the lack of ability to perform sexually can be quite troubling for any man who experiences it.

- **Infertility**

Testosterone levels can also affect the production and health of sperm. Though infertility is not a definite indicator of Low T, the relation between the two is a common occurrence. Furthermore, traditional Low T treatments also reduce fertility as a normally occurring side effect.



Physical Symptoms

- **Increased Fatigue**

Many men chalk up a slight drop in energy as something that just happens as they age. Low T can also cause increased levels of fatigue. If you find yourself unable to participate in normal daily activities, or feeling sluggishness that is unexpected based on your workload, Low T may be the cause. This is often mistaken as a symptom of outright depression, when in reality Low T may be behind the decrease in energy.

- **Decreased Muscle Mass and Increased Fat Levels**

Since testosterone plays an important role in the building of muscle and distribution of fat, it only makes sense that Low T can alter both. Of course, diet and exercise also play the largest role in both processes. However, if you are eating and exercising as you normally would, but your body is still changing in unexpected ways, Low T may be at fault. This is another potentially frustrating element of undiagnosed Low T, as workouts and a healthy diet may suddenly stop having the desired and usual despite your continued efforts.

- **Diminished Bone Strength**

This symptom may be hard to notice on the surface, especially if you have not been injured in a while. If you suddenly find yourself sustaining broken or injured bones more frequently, though, it may be a sign of Low T. Often, this is something diagnosed by bone density scans.

- **Decreased Body Hair and Need for Shaving**

During and soon after puberty, testosterone levels are very high in men. This leads to the emergence of male pattern body and facial hair. Low T can lead to less body hair, and less frequent need for shaving. Since most men have fairly regularly shaving schedules, this can be an easy symptom to spot and take note of.



Mental Symptoms

- **Depression**

Low T symptoms are often mistaken for symptoms of standalone depression, when in reality Low T may be the cause of what is being mislabeled as depression. In addition to a diminished sense of well-being, a decrease in libido and an inability to perform sexually can lead to depressed feelings. Also, increased fatigue can lead to a lack of desire to participate in once-loved activities, another hallmark sign of depression. Fortunately, restoring normal testosterone levels often leads to dramatic reduction in these symptoms which would otherwise be blamed on depression.

- **Difficulty concentrating**

“Brain Fog” or cognitive impairment can have a profound effect on your daily activities. It may be more noticeable as the day wears on since your testosterone levels gradually fall throughout the day. This inability to concentrate can affect your confidence levels, mood, job performance and personal relationships. A new problem with forgetting things or difficulty absorbing new information may indicate a problem with abnormally low T levels.

- **Insomnia and Sleep Problems**

Compounding problems with energy levels and depression, Low T can also lead to trouble sleeping. This can manifest itself in a number of ways. For one, you may begin experiencing insomnia, the inability to stay asleep, even if you have never experienced it before. Low T can also cause disruption to normal sleep patterns keeping you from entering into deeper, more restorative stages of sleep.

As you can see, Low T can show itself in your sex life, body, and mind in a myriad of ways. It is common, and fairly easy, to chalk up any individual symptom up to another problem, like depression. The danger is that this can lead to a misdiagnosis, delaying treatment for the real problem, Low T.

If you are suffering from more than one of these symptoms, you may have Low T. The great news is that with the right treatment, your testosterone levels can be restored, and you can say goodbye to the frustrating symptoms outlined in this Low T FAQ.

For more information and to schedule a free consultation, please contact us at:



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