



Informed Consent for Testosterone Replacement Therapy (TRT)

The decision to begin testosterone replacement therapy is based on your quality of life and laboratory assessment of testosterone and other labs. The hope is that therapy will improve your symptoms of deficiency and your overall health. The decision to use testosterone must be weighed against the potential risks of the therapy.

The risks of testosterone replacement include, but may not be limited to the following:

1. Increased red blood cell count – Testosterone can stimulate the body to produce more red blood cells. This leads to a concern that the blood is more “viscous” and that there could be an increased risk of clots or ischemia.
2. Increased Estrogen levels – Testosterone can be converted to estrogen, and increased levels of estrogen can lead to enlargement and/or tenderness of breast tissue. There may be other unwanted symptoms of increased estrogen such edema, as well as symptoms that are less well defined.
3. Acne and increased oiliness of skin.
4. Prostate Cancer concerns – There is no evidence that testosterone therapy causes prostate cancer, nor that TRT increases risk for prostate cancer. Though if a man already has an existing prostate cancer or was to develop prostate cancer later in life the use of testosterone may allow prostate cancer to live easier (relative to very low testosterone levels) and/or worsen. Prostate cancer screening will be discussed with each patient prior starting a TRT regimen.
5. Prostate Enlargement concerns (BPH- benign prostatic hyperplasia) – While the evidence for this concern is weak, there are concerns that testosterone replacement may increase the size of the prostate gland, and this may lead to symptoms like: weak urinary stream, urinary frequency or urgency, more frequent nighttime urination, and difficulty with starting stream.
6. Heart/CVD disease concerns – Evidence for TRT use and an increased risk of CVD (cardiovascular disease) is weak. The majority of studies show a benefit to health (including CV

health) with treatment of low testosterone. Though, caution should be used in men with a history of heart disease and in men over the age of 65.

7. Breast Cancer – There is a concern that TRT may negatively affect an existing or previously treated breast cancer. Men with a history of breast cancer are typically advised to avoid TRT. The link is not clear, but any male with a history of breast cancer or at high risk of breast cancer should be aware of this concern. Consideration of treatment for any man with a history of breast cancer will require in depth consultation and possibly referrals.

8. Mood changes, including increased irritability and anger, and fluctuations in mood have been reported. These occurrences are rare.

9. Cough, specifically with injections of testosterone. In theory from an allergy to an additive in the testosterone medication or oil embolism, which could be a medical emergency.

10. Male pattern balding.

11. Reduced sperm count and infertility.

12. Pain or infection at injection or implantation site.

13. Skin irritation if using patches.

14. Potential for transfer of testosterone to partners or another person if using cream or gel.

15. Men with severe, poorly treated, congestive heart failure are typically advised against the use of testosterone.

You should also be aware that there may be risks associated with long-term use of testosterone that are not known at this time. Data on benefits vs. risks of long term use of TRT are still being gathered. We can say that the majority of evidence points to positive health benefits and reduced risk of disease compared to non-treatment of low levels of testosterone. Though, to be clear, the jury is still out.

My signature below indicates my understanding of the above risks and my consent to National TRT Clinics. I agree to alert my National TRT Clinics medical provider immediately to any concerns or side effects that I may have in regards to my TRT care.

Patient PRINTED NAME: _____ Date: _____

Patient SIGNATURE: _____