



Testosterone Replacement Therapy (TRT) Specialists.

It's time to **score a win** for your health

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 **The Optiman**
TESTOSTERONE



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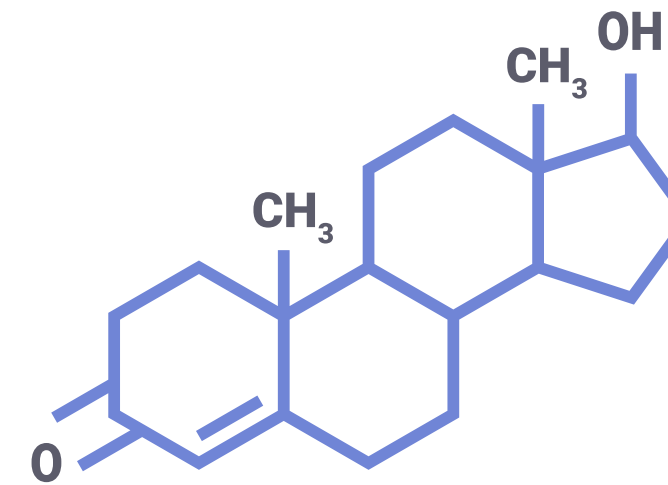
Introduction

This booklet aims to provide you with all the facts about Testosterone and offer you valuable insights into **Testosterone Replacement Therapy (TRT)**. Whether you're looking to increase your libido, enjoy improved physical performance, more energy, or better moods this guide breaks down how TRT might help you to restore your vitality, leading to a healthier and more fulfilling lifestyle.



TRT – The Facts

As men age, the pituitary gland begins to decrease production of both sex and **growth hormone causing these levels to naturally decrease**. This is one of the reasons for ageing. Low levels of testosterone can have negative effects on erections, libido, muscle mass, energy levels, mood, bone strength and heart disease risk, so it is important to assess for Testosterone Deficiency (TD) appropriately.



Losing interest in sex can occur at various times of life and is often normal and transient. However, if this has lasted for more than six months or you have any concern it may be worth discussing with a doctor.

Possible underlying causes include low testosterone (Testosterone Deficiency), thyroid disease, diabetes, stress, anxiety, depression, some medications, alcohol, recreational drugs, and more.

Testosterone levels can naturally gradually decline as men get older. Levels can also be impacted by lifestyle factors including obesity, diabetes, other hormonal conditions, excessive alcohol consumption, some medications and the use of recreational drugs.

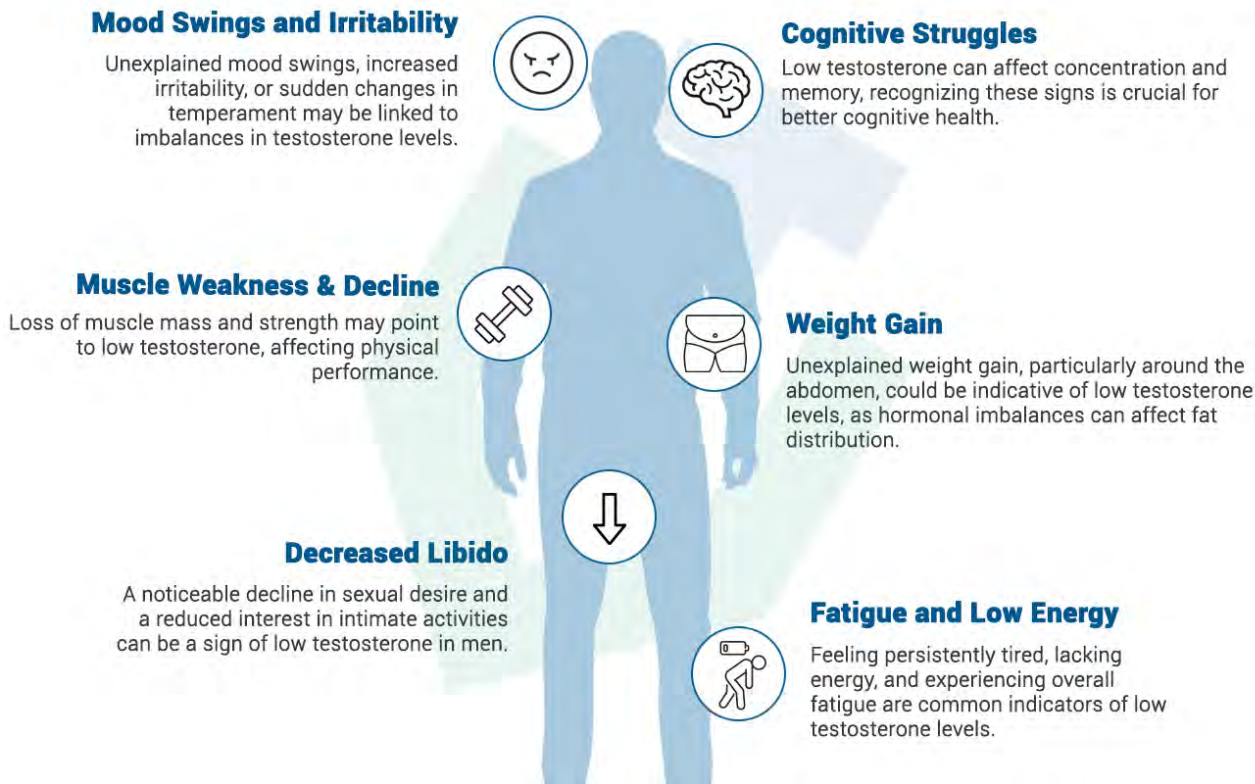
Testosterone Deficiency (TD) can affect 8% of men aged between 50 and 79 years. But TD remains underdiagnosed and undertreated in Ireland.

TRT – The Facts

Often when men begin to suffer from **mood swings, fatigue, loss of libido, lack of self-confidence, erectile dysfunction, sleep disturbance, decreased concentration and lack of motivation**, they are confused by what’s happening. And it is often mistakenly put down to the ageing process.

It is important to identify men with genuine testosterone deficiency, using the correct assessment criteria and tests, before considering testosterone replacement therapy (TRT).

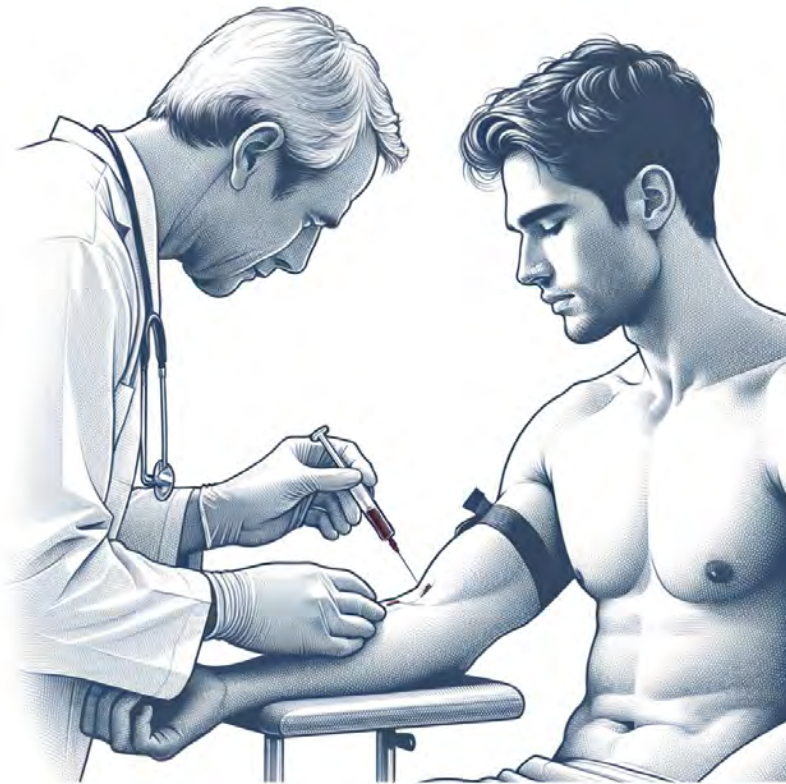
If indicated as safe and beneficial, Testosterone replacement therapy (TRT) uses a transdermal gel to help individuals with low levels of testosterone. Testosterone replacement therapy works by increasing testosterone circulating in your body.



TRT – The Diagnosis

Here at **Optiman**, we take care to ensure that your treatment is as simple and straightforward as possible

A doctor will assess your symptoms and run **blood tests*** to check your testosterone levels, other lifestyle and environmental factors and genetic predisposition to Testosterone Deficiency (TD). There will be an assessment for cardiometabolic disease and risk factors. A very detailed medical/surgical history and exam are carried out during the assessment. Normally this assessment takes one hour to complete.



** For blood analysis, patients are required to fast from midnight the previous evening. It is fine to drink water.*

TRT – The Treatment

If it is shown that you would benefit from TRT, we will then look to prescribe a **transdermal gel**. This gel contains an amount of testosterone and is applied directly to the skin. A 6 month trial period is advised, unless there is a complication with the treatment.

You typically apply a specific amount of the gel on a daily basis to clean, dry skin. Common areas for application include the shoulders, upper arms, or abdomen. It is important to follow your doctor's advice regarding application.

The skin absorbs the testosterone from the gel into the bloodstream. This allows it to circulate in your body and provide you with the benefits.

It is a necessary requirement to undergo regular monitoring which involves blood tests every three months. This helps us to know that your testosterone levels are within the desired range and that the therapy is safe and effective for you.

Depending on your body's response, your doctor may adjust the dosage of the gel.



TRT – The Results

Testosterone Replacement Therapy (TRT) is a targeted approach to enhancing well-being for men with diagnosed low testosterone levels. **Some of the benefits of TRT include:**

	Improved Mood		Increased metabolism
	Increased Energy Levels & Motivation		Reduced body fat
	Better Sleep		Decreased recovery times
	Improved libido and sexual performance		Reduced risk of fractures
	Improved Muscle Development		Improved cognitive function

Although each person is different, benefits can be experienced by most men in as little as two weeks.

TRT – The Results

Generally, most men do not experience any ill-effects of TRT, there are always potential downsides of any treatment.

These are some of the potential side effects:

- Gynecomastia
- Acne
- Fat loss
- Mood swings
- Prostate enlargement
- Sleep disturbance
- Testicular size reduction
- Hair loss

Changes in red blood cell and PSA levels (These plus other biochemical markers will be monitored with periodic blood tests)

TRT Things to Discuss with your Doctor

1. Are the symptoms I am having related to Testosterone Deficiency (TD)?

2. How common is Testosterone Deficiency (TD) for men of my age?

3. How safe is Testosterone Replacement Therapy (TRT)?

4. Is TRT the best choice for me?

5. What side effects should I look for when I am on TRT?

6. Will over-the-counter medications for Testosterone Deficiency (TD) help me?

Further Information

The Optiman Clinic is a men's preventative health clinic. It is run by two general practitioners with a special interest in men's health and sexual health.

The clinic provides a personalised medical service to men looking for a review of their general health such as assessing for cardiometabolic disease and disease risk, prostate health and sexual health (this will include hormonal health evaluation)

Testosterone Replacement Therapy (TRT) is one of the specialised treatments available at Optiman. This is an often overlooked area of health despite being the second most common endocrine disorder for men (For more information we use the [BSSM Guidelines](#))

Consultations are approximately one hour long which will include medical history and examination along with a very detailed blood panel.

Our Fees *(Correct Jan 2024)*

Initial Consultation including blood tests - €400

The emphasis and philosophy of the clinic is a preventative approach enabling the body and mind to optimise hence there is a strong focus and advice on exercise, nutrition, sleep, stress management and lifestyle habits that reduce inflammation in the body

The Optiman Clinic also provides a no-needle no-scalpel vasectomy service
www.vasectomy-ireland.com

[Book An Appointment](#)

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