

Androgen Poignancies

- Testosterone must be given non-orally
 - o Oral can be adverse to liver
- Testosterone usually absorbs well TD
 - At times it does not
 - o Trans-external peri-anal mucosa can be better site
 - o Titrate dose determination: confirm by testing
- DHEA may or may not absorb well TD
 - o DHEA can be given orally: 5 – 15 mg/d
 - o DHEA does not have obvious symptoms!
 - o Thus dose determination success is determined by testing

Topical Testosterone

Apply testosterone one time per day usually in the morning

Though an optional time can be ½ hour before intercourse (as it may enhance orgasm)

Apply to the area of the pubic hair, external peri-anal mucosa, around the vagina, intravaginally, clitoris or the perineum.

Caution?: give it time to absorb into these regions...or your partner could absorb extra hormone... so what?

Caution: application to area of skin that has hair follicles can lead to hair growth

Testosterone intra-vaginal preparations
can be excellent in assisting return of vaginal health.

- if indicated preparations are available
 - in organic oils,
 - non-alcoholic non-astringent gel,
 - and in combination with estriol.

Common strengths of testosterone for women:

- Organic base: 5 or 10 mg/ml
- Gel: 1.6 mg/g (/ml) or 4mg/ml

Can wait til B-E & P stabilize before adding in Rx

- Common to keep this dose steady until B-E & P are stable.
- Common starting Rx: testosterone 5 mg/ml gtt ii q.d. [0.4 mg]
- Common to Rx with more aggressive 10 mg/ml + more gtts

Caution on applying androgens to areas that have
hair follicles... you may stimulate hair growth

Tool: Symptoms Card

Finding Your Optimal Dose

PROGESTERONE

Too little:

- Sleep disturbance*
- Increased anxiety
- Mood disturbances (sometimes severe)
- Hot flashes*
- Breast tenderness*
- New &/or enlarged breast lumps
- Water retention*
- Difficulty relaxing
- Decreased libido*
- Period irregularities (if still menstruating)
- PMS, fibroids, &/or endometriosis

Too much:

- Drowsiness
- Waking up groggy &/or edgy
- Sense of physical instability
- Hot flashes* (if very excessive dose!)
- Feeling depressed
- Slight dizziness
- Leg discomfort/pain
- Water retention*

TESTOSTERONE

Too little:

- Diminished libido*
- Loss of sense of security
- Body hair loss
- Diminished energy/stamina
- Flabbiness/muscular weakness (upper arms, thighs, & cheeks)

Too much:

- Hyper-aggressiveness
- Excessive oiliness of skin
- Increased pimples/acne
- Increased hair growth on body, face, &/or place of application

** These symptoms can have more than one cause.
When in doubt, call your doctor*

Patient Dose Determination Tool

TESTOSTERONE	
Too little: <ul style="list-style-type: none">• Diminished libido*• Loss of sense of security• Body hair loss• Diminished energy/stamina• Flabbiness/muscular weakness (upper arms, thighs, & cheeks)	Too much: <ul style="list-style-type: none">• Hyper-aggressiveness• Excessive oiliness of skin• Increased pimples/acne• Increased hair growth on body, face, &/or place of application

Too Little

- Diminished libido
- Loss of sense of security
- Body hair loss
- Diminished energy & stamina
- Flabbiness & muscular weakness , (upper arms, thighs, cheeks & pelvis)

Too Much

- Hyper-aggressiveness
- Excessive oiliness of skin
- Pimples, acne
- Increased Hair growth on body, face, &/or place of application