



THIS ISSUE:

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Are Your Medications LOWERING YOUR TESTOSTERONE?



Here at Health Dimensions, drug induced nutrient depletion is an area we like to make sure we educate our clients on.

...But did you know that there is something called "Drug Induced Hormone Depletion?"

That's right! And since June is Men's Health Awareness Month, we wanted to share a list of drugs that can lower the levels of testosterone in your body.

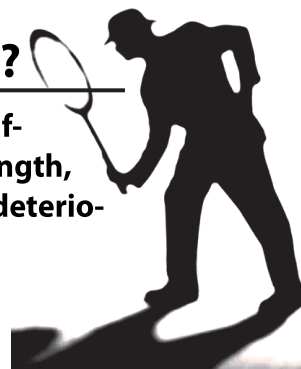
NOTE: Testosterone is not just for men; testosterone is a very important hormone for females as well.

Drugs That Can Affect Your Testosterone Levels:

Cholesterol lowering medications called HMG-CoA-reductase inhibitors, such as Lipitor, Mevacor, Zocor, Pravachol; birth control pills, Metformin (glucophage), and opioid pain relievers such as Oxycontin, Vicodin & Percocet.

What Does Testosterone Do In Our Body?

Increases sexual interest, sense of emotional well-being, self-confidence and motivation, increases muscle mass and strength, helps maintain memory, decreases excess body fat & bone deterioration and helps maintain bone strength.



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Suffering From Low Testosterone?

It is now realized that men experience an age-related decline in hormones that affects quality of life. This hormone decline, sometimes referred to as *Andropause*, may consist of signs and symptoms including:

- Weakness
- Fatigue
- Disturbed Sleep
- Reduced libido
- Osteoporosis
- Heart disease
- Atherosclerosis
- Irritability
- Insomnia
- Erectile dysfunction
- Slow wound healing
- Prostate problems
- Low sperm count
- Depression/anxiety
- Reduced muscle mass
- Memory impairment
- Impaired blood cell formation
- Reduced cognitive function

Testosterone Replacement Can Help By:

- Improving psychological well being and mood
- Improving erectile dysfunction symptoms
- Improving libido
- Increasing muscle mass
- Increasing strength and stature
- Preservation of bone mass
- Decreasing cardiovascular risk



Want to learn more about hormone replacement ? Just ask.

HEALTH DIMENSIONS COMPOUNDING PHARMACY



Testosterone Gel

LESS **CAN BE** MORE

Health Dimensions helps patients who have been prescribed testosterone gel by allowing them to apply less product while still maintaining higher dose levels.

Commercially available products typically contain a maximum of 10mg/gm (1%)

Our Testosterone Gel can be compounded in any strength up to **200mg/gm** and is made using only high quality bio-identical hormones.