

Testosterone

Testosterone is really important for women!

Our ovaries actually produce three to four times more testosterone than estrogen! **Fact!**

When we become perimenopausal the levels drop off gradually and with surgical menopause (a full hysterectomy), the levels almost stop there and then (*there is a slower decline than estrogen as the adrenal glands produce a little bit*)

If your 'free androgen index' is below 1.0% you may be told that this is 'within normal range'

It is actually a low level, and you would benefit from testosterone supplementation.

1-1.5% will still benefit from supplementation and over 5.0% is high.

*The 2022 guidelines (very annoyingly) refer to TOTAL TESTOSTERONE as being the assessment guide now so: FYI - The ideal female range is: 0.5nmol/l - 2.4nmol/l



Symptoms of low testosterone..

Low sex drive
Inability to reach orgasm
Brain fog
Muscle pains
Fatigue
Low mood

You will probably have been told that women cannot have and should not have testosterone! WRONG!

You can access testosterone via the NHS (generally Testogel or Tostran in the UK or Androgel in the US and Canada) or there is also Testovan.

In the UK you can access Androfeme privately only.

PLEASE NOTE!

It can take more than 6 months for testosterone to start to have an impact so you may not notice any difference within that time. Perseverance is key to success.

Testogel Update: April 2022

Previously Testogel sachets should have lasted 10 days for a female dose (50mg boxes).

The package dose has changed now so the new regime should result in your sachet lasting 8 days (40.5mg boxes)



You may also find that you are directed to apply the gel to your arms but the medical specialists I have spoken with are in agreement that applying to the abdomen or thigh area is preferable, as some women find a small increase in hair growth.

(I can personally confirm that this is a very small increase in hair growth on the area of application only so nothing to worry about)

Testosterone is 'unlicensed for women' but this just means that they were not originally made for that purpose. It doesn't mean unsafe.

