

What is Testosterone?

Testosterone is a basic fundamental, hormone found in all mammals. It is the principal androgen, or male sex hormone, although it appears in both genders. Most of the testosterone in a man's body is produced in the testicles.



What happens to your testosterone level as you age?

Your body's testosterone level peaks during adolescence and early adulthood. Starting around age 40, sometimes younger, your body produces less testosterone. For some men, testosterone levels decline slowly but for many the decline in Testosterone levels is more rapid or severe and associated with the effects on next page. ➡

Menopause / Andropause:

Menopause is the transition period in a woman's life when her body produces less of the hormones estrogen and progesterone. For years the accepted medical treatment has been hormone replacement therapy. **Andropause** (man-opause) is the transition period in a man's life when his body produces less of the hormone testosterone. And until recently the accepted medical treatment was to tell the man **"you're just getting old."**

In many cases the correct answer for men is Testosterone Replacement Therapy!

Testosterone's Effects on You

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- Sex Drive
 - Positive feelings
 - Aids cognition and memory
 - Endurance
 - Growth of facial & body hair
 - Supports collagen
 - Muscle mass and strength
 - Sperm production
 - Erectile function
 - Bone density maintenance
 - Red Blood Cell production

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When they tell you "YOU'RE JUST GETTING OLD."

Symptoms of Low Testosterone ("Low T"):

- » Decreased sex drive
- » Erectile dysfunction
- » Loss of bone density
- » Loss of muscle mass
- » Reduced muscle strength
- » Decreased exercise endurance
- » Increase in fat mass
- » Decrease in energy
- » Memory loss
- » Mood changes and depression

Low T Diagnosis & Treatment

If you have some or all of the symptoms listed here and are concerned that you might have Low Testosterone then the first step is to visit www.C4MH.com where you will find answers to the most common questions regarding testosterone, testosterone replacement therapy and how affordable the cost for care can really be.

C4MH Introduces the "EXPRESS TREATMENT PLAN"(ETP)

ETP has been designed to streamline the initial patient exam allowing you a faster path to testosterone replacement therapy (TRT). With ETP your lab work is ordered & completed before your initial exam allowing the C4MH physician to begin treatment immediately if Low T is indicated. Visit www.C4MH.com for ETP details.

Your Initial Visit

Your initial visit will include a consultation / exam with a C4MH physician. The lab results not only assist the physician with making a determination of testosterone deficiency but also provide the physician with several reference levels needed to begin a safe and effective treatment program designed exclusively for you.

call us!

Ongoing Treatment

To maintain the optimum levels of testosterone you will be required to return every two weeks (a quick 10 minute visit) for the administration of the required testosterone replacement dosage. We'll quickly, easily and safely adjust your testosterone levels back to where they should be so that once again you live life to its fullest.

For more information, pricing and practice hours:
www.C4MH.com

