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4 THINGS TO KNOW IF YOU'RE CONSIDERING TESTOSTERONE FOR LOW SEX DRIVE



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4 THINGS TO KNOW IF YOU'RE CONSIDERING TESTOSTERONE THERAPY



WHAT'S UP WITH MY DECREASED SEX DRIVE?

Decreased sex drive is common at times throughout our lives and can be due to stress, medications, illness, hormonal changes, etc. If loss of sexual desire/interest persists without another explanation for 6 months and causes distress, this may indicate a sexual health condition known as Hypoactive Sexual Desire Disorder (HSDD). HSDD occurs in 10% of women across all age groups and is even more common in menopausal women. During perimenopause and menopause, women can experience bothersome symptoms including hot flashes, night sweats, poor sleep, low energy, weight gain, vaginal dryness, skin changes, joint pain, and mood changes that may contribute to decreased sex drive. Find out about your treatment options!

#1 THERE CAN BE IRREVERSIBLE SIDE EFFECTS

Too much testosterone can be associated with irreversible voice changes, clitoral enlargement, hair growth and loss. Other reversible side effects include acne, mood changes, hypersexuality, elevated cholesterol.

#2 TESTOSTERONE IS NOT FDA-APPROVED FOR WOMEN

There is no testosterone therapy approved for use in women in the US. Prescription testosterone gels/solutions can be prescribed at lower doses for women but is off-label use. Testosterone may also be made in a cream or other form by a compounding pharmacy which is not regulated by the FDA and not covered by insurance. Testosterone pellets are not regulated by the FDA and are inserted under the skin. Some women do well with them, but they can cause extremely high levels of testosterone, last for 3 or more months, and cannot be removed once inserted. Some women get scarring from repeated insertions. Be wary of "hormone health clinics" that just want to sell you expensive pellets.

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#3 LOW SEX DRIVE CAN BE DUE TO OTHER FACTORS

There is no level of testosterone that correlates with decreased libido. Sexual desire is a complex thing in women! It's important to rule out other causes: medications, relationship issues, pain, medical conditions. Testosterone is an evidence-based off-label treatment that may help some women. If there appears to be no other reason for your decreased desire, then it is reasonable to try testosterone or other medical therapies after a thorough discussion of risks and benefits of each treatment.

#4 OTHER TREATMENTS EXIST FOR DECREASED LIBIDO

Behavioral and couple interventions may be effective. There are also supplements that have been shown in studies to increase libido. FDA-approved menopausal hormone therapy can help too, especially if a woman has hot flashes, poor sleep, fatigue, and vaginal dryness. There are also two prescription medications specifically approved to treat HSDD [Hypoactive Sexual Desire Disorder] which is defined as a decrease in sexual interest for 6 months or more accompanied by distress and not caused by other medical, social, or emotional conditions. Find out about ALL of your treatment options!

GET UNBIASED ADVICE!

**DR. WEBER IS AVAILABE FOR 1:1
CONSULTATIONS THROUGH HER
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