



A FEW THINGS TO KNOW ABOUT TESTOSTERONE REPLACEMENT THERAPY

Although Testosterone Replacement Therapy (TRT) has been utilized safely and effectively, it is necessary to discuss potential risks. You should also be aware of the alternatives to testosterone replacement therapy, including not receiving the treatment. It is important that you consider the information we have provided you. Be sure that you are doing what is right for you. If you are unsure, then perhaps you should take some time to weigh your options or consult another health care provider.

Please review the following items, which discuss informed consent. Your clinical provider will attempt to answer all of your questions to your satisfaction. Initial beside each statement that you have read, understand, and agree with:

1. This is my consent for Center for Men, including any physician or provider who works with the company, to begin treatment for Testosterone Replacement Therapy.
2. It has been explained to me, and I fully understand, that occasionally there are complications with this treatment such as:
- Acne.
 - Enlargement of breast tissue (gynecomastia).
 - Fluid retention. This could be as minor as some swelling around your ankles but could cause serious problems in persons with liver, kidney or heart disease.
 - Sleep apnea can occur or worsen with treatment. If you think you could have sleep apnea, you should discuss this with your primary physician or your Center for Men provider. If you are currently being treated, it is your responsibility to ensure your condition is controlled and you are compliant with your treatment. The STOP-Bang questionnaire will also be used to screen for sleep apnea.
 - TRT may cause your LH and FSH levels to be severely limited, affecting your fertility. Patients should not be on TRT if attempting to father a child.
 - Red blood cell levels can rise as testosterone stimulates the bone marrow to produce more. This is called erythrocytosis. The increased blood thickness could be a risk factor for stroke, heart attack or blood clots, among others. You may be asked to donate blood periodically or your dosage could be adjusted. This will be monitored periodically with blood tests.
 - Testosterone is converted to estrogen in the body so increasing testosterone can also increase estrogen. Levels that are too high may increase risk of blood clots, stroke, or heart attack though this is not clear. Levels will be monitored periodically and medicine to decrease this conversion or TRT dosage adjustment may be used if deemed necessary.
 - Changes in cholesterol levels, PSA levels, liver function enzymes, and other hormone levels can occur, however these labs will be monitored through periodic blood tests.
 - Prostate enlargement which may cause difficulty urinating. This will be monitored via the International Prostate Symptom Score Questionnaire.
3. I understand it is my responsibility to be aware of the above complications and let my Center for Men practitioner know when I have a concern.
4. I understand that I will have periodic blood tests to monitor my blood levels.
5. I understand there is no guarantee as to the result and that if I stop treatment, my condition may return or get worse.
6. I have had an opportunity to discuss with Center for Men and its medical practitioners my complete past medical and health history including any serious problems and/or injuries. All of my questions concerning the risks, benefits, and alternatives have been answered. I am satisfied with the answers.
7. I understand that an exam by Center for Men does NOT replace a full physical exam by a personal physician.
8. I agree to have my personal physician perform a yearly full physical exam including a digital rectal exam, lipid profile, cholesterol levels, and a comprehensive metabolic panel. If I do not have a personal physician, the staff at Center for Men will assist in locating one for me.

___ 9. I agree that TRT works best when I change lifestyle habits such as limiting alcohol, stopping smoking, exercising, and eating correctly.

___ 10. I understand that TRT may increase complications and adverse outcomes, including death, for those with known heart disease. If I have known heart disease my cardiologist should release me to receive TRT.

___ 11. I understand all of the medical effects and safety of TRT are not fully understood and that there may be risks that are not yet known.

___ 12. I agree that I should not take more testosterone than I am prescribed or try to raise levels beyond what is recommended as this can increase health risks. Getting testosterone from other providers or sources while also undergoing treatment at Center for Men will likely result in withdrawal of treatment.

___ 13. I authorize the Center for Men to obtain/have access to my medication history.

Patient Name _____

Patient Signature _____

Date _____