

# Testosterone

Testosterone is an important hormone in men for sexual and reproductive development, and plays a role in building muscles and keeping the muscles and bones strong. Testosterone testing will detect an abnormal testosterone level in men.

## What is low testosterone?

Low testosterone, or hypogonadism, is a clinical syndrome that results from the failure of the testes to produce the needed levels of the hormone. Low levels, however, don't always lead to symptoms. Thus, men aren't typically tested for low testosterone unless they are experiencing symptoms such as erectile dysfunction, difficulty achieving an orgasm, less-intense orgasm, or low libido. The more symptoms a man has, the more likely he is to have low testosterone.

## What are the symptoms of low testosterone?

A male with low testosterone may exhibit one or more of the following symptoms:

- Reduced sexual desire
- Depression and fatigue
- Diabetes
- Erectile dysfunction
- Increased body fat
- Low bone density
- Change in sleep patterns
- Reduced muscle mass
- Hypertension

## What causes low testosterone?

Low testosterone levels are associated with a spectrum of symptoms closely associated with aging. By the time men reach the age of 40, their testosterone levels have begun a slow decline, dropping an estimated 1% to 2% each year, but the rate of decline is not constant across all men.

## What should I do if the results are low?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate course of action.

**If your results were low:** If your testosterone levels are low, you should talk to your healthcare provider to determine the right treatment options for you.

## What other resources are available to learn more about my health and laboratory tests?

- Centers for Disease Control and Prevention: [cdc.gov](http://cdc.gov)
- Lab Tests Online: [labtestsonline.org](http://labtestsonline.org)
- WebMD: [webmd.com](http://webmd.com)

*DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.*

*Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.*



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