



NMH POI & Complex Menopause Service
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TESTOSTERONE THERAPY IN HRT & USING LOW DOSE MALE TESTOSTERONE OFF LABEL 2022

What do you need to know about Male Hormone Replacement Therapy as part of your HRT?

Testosterone is an essential female hormone and is recommended for the relief of low libido as part of Perimenopausal HRT therapy. The only licensed version of testosterone for women comes in a cream called “AndroFeme1” - it is not covered by the medical card or drugs payment schemes and can be quite expensive. If you buy this from the pharmacy, just use it as directed on the information leaflet.

As an alternative, the same chemical is available in a stronger testosterone gel that is made for men called “Testagel” or “Testim”. **These are** covered by the medical card scheme and if you choose to buy this product you must **IGNORE** the product information leaflet – instead, you rub **ONE** pump of it into your inner thigh every 7-10 days **ONLY**- No **MORE**.

This gel is not licensed for use in women- the leaflet in the box will say “for men only” but it is the exact equivalent of the normal testosterone that the ovary produces, just at a higher strength than Androfem1 and its use **IS** recommended by the British & Intl Menopause Societies.

Used in small amounts (less than 1 pump every 7-10 days only) you will not expose yourself to male hormone side effects – like hair growth, vocal cord changes or clitoral enlargement!

The improvement in low libido should start to become noticeable within 2-3 weeks, but you won't get all the benefit from the products until about 3-6 months.

Very occasionally women notice some increased hair growth in the area in which they have rubbed the gel and this is why we suggest the inner thigh as there are very few hair follicles there anyway. If you think you are seeing a change in the hair where you apply the gel, try switching it to another area of the thigh. People who apply their testosterone to their arm may also get abnormally high testosterone blood tests as we take the blood sample from your arm (another good reason to apply your testosterone to the lower part of your body).

As the dose is so low, testosterone used in this way does not increase your risk of developing facial hair, voice deepening or skin changes but it is important to have regular blood monitoring (**FREE ANDROGEN INDEX BLOOD TEST**) to reduce the risk of any side effects occurring, usually once a year. It is wise to have your **FAI** blood test done a few days after you applied the gel to avoid getting an unexpectedly high **FAI**.

If you are interested in good menopause & HRT information, including support for the use of testosterone in the Perimenopause see www.womens-health-concern.org