**Low Testosterone Overview**

Most people know that women deal with low or fluctuating hormone levels at different points throughout their lives. But what many don’t realize is that some men can suffer from hormone-related changes as well. And these changes are anything but pleasant. If you’re a man and you find yourself lacking energy, having trouble staying focused, or losing stamina in the bedroom, it may be due to low testosterone levels.

The good news is our team at New Vitality MD in Kildeer, Illinois is dedicated to helping men and women restore their hormone levels and optimize their overall health and wellness. We have a number of treatments available at our office. Contact us today to schedule a consultation and learn more information about how we can help!

**Symptoms of Low Testosterone**

When a man has low testosterone, he can usually feel it. That’s because this important hormone doesn’t just play a role in a man’s sexual health; it is actually responsible for many key aspects of day-to-day bodily function. Although the symptoms vary, some of the most common signs of low testosterone include:

* Energy loss
* Hot flashes
* Gynecomastia
* Erectile dysfunction
* Lack of focus
* Increased feelings of depression
* Hair loss
* Reduced muscle mass

This just scratches the surface when it comes to the symptoms associated with low testosterone. If you have any of these symptoms, it is important to have them assessed by a qualified medical professional sooner rather than later, as the symptoms tend to advance with time.

**Treatment Options for Low Testosterone**

Before we map out a course of treatment for you, our team at New Vitality MD has to make sure that low testosterone is the true culprit of your unpleasant symptoms. During a consultation at our office, we can review your health and medical history and evaluate your individual case. From there, we can advise you of your treatment options, which may include certain lifestyle changes and/or hormone replacement therapy.

**Contact Us Today**

Are you experiencing some of the symptoms associated with low testosterone? If so, you owe it to yourself to get to the bottom of your condition and learn about all of your treatment options. Allow our team of experts at New Vitality MD in Kildeer, Illinois to help. Contact us today to book your appointment and get started!