



Toronto Functional Medicine Centre on Functional Medicine - What to Expect from TRT

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Toronto Functional Medicine Centre (TFMC), an IV therapy clinic in Toronto, has recently published a blog post on what to expect from TRT with a functional medicine clinic. At the TFMC, if the functional lab tests indicate low testosterone or low T, they will likely personalize the patient's treatment plan, including specific integrative medicine therapies and supplements while for some, lifestyle changes may be enough for addressing low T. But for other men, depending on the severity of their symptoms and hormone levels, testosterone replacement therapy (TRT) may be recommended. In the mentioned article, TFMC explains how patients who have been prescribed TRT may get organized and what they can expect during and after the treatments.

TFMC can custom-tailor hormone optimization programs for a patient's specific needs, including low testosterone. It is important to note that patients for the TFMC hormone programs have to be 40 years old or higher; the lab test results must be at least three months old and must show low testosterone; and the patient must already have clinical symptoms, such as low libido, anxiety, mood swings, low sexual function, and depression. They also want to emphasize that their hormone programs are only provided for age-related hormone decline and disease prevention, and not for muscle-building health goals.

It is important for TRT patients to ensure they have an organized schedule because TRT consultations have to be planned in advance. The first visit would be the initial consultation and follow-up visitors occur every three months during the first 12 months of treatments. After the first year, follow-up visits occur every six months, depending on the recommendations of the Nurse practitioner or Medical doctor.

While the testosterone treatments will have varying results, depending on the patient, general improvements may be observed within the first month. Some of the effects that may be expected are: positive changes in mood; increased libido; apparent muscle formation; and increased cellular energy production.

It should be noted TRT treatment may have potential side effects. These include: reduction in sperm production; increased fluid retention; skin changes; and enlarged breasts. As previously explained, treatment of low T is personal and advice should be received from a healthcare provider. Each individual has a unique way of achieving optimal wellness and their goal at TFMC is to discover the root cause of a particular person's health issues to address the symptoms and promote the prevention of illness.

The comprehensive treatment plan that will be crafted by TFMC may directly address the specific person's biological issues. To customize the therapies, their clinicians will take enough time to talk with the patient during the initial visit, particularly with regards to the patient's medical history including genetics, environmental factors, current lifestyle, potential use of core tests, and future health goals. Once they have obtained a "whole picture" of the patient's health concerns, they will personalize the patient's health plan. Their team has experience in adapting therapies for various health conditions, such as heart disease, acid reflux, nutritional deficiencies, histamine intolerance, inflammatory conditions, digestive issues, among others.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada, utilizes the integrative functional medicine principle that mixes naturopathic medicine, allopathic medicine and alternative medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This approach may be used for a variety of health issues, such as: athletic recovery, acute health issues, neuropathic pain, fertility issues, postmenopausal health issues, tissue repair, immune function, hormone imbalances, DNA repair, skin rejuvenation, cellular damage, chronic fatigue, mineral deficiencies, thyroid issues, adrenal function, and more.

Those who would like to learn more about integrative functional medicine, including a functional medicine's

brief guide to TRT for those suffering from low testosterone, can check out the Toronto Functional Medicine Centre website or contact them at (416) 968-6961 or through email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays and Wednesdays; from 10:00 am to 5:00 pm on Tuesdays and Thursdays; from 9:00 am to 5:00 pm on Fridays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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For more information about Toronto Functional Medicine Centre, contact the company here: Toronto Functional Medicine Centre Christina Ramos (416) 968-6961 info@tfm.care Toronto Functional Medicine Centre 55 Avenue Rd 204 A Toronto, ON M5R 3L2

Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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