

Toronto Functional Medicine Centre Explains the Use of Functional Medicine to Cope with Low Testosterone Levels

October 12, 2023

TORONTO, ON - October 12, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains the use of functional medicine to cope with low testosterone levels. Testosterone is a major male hormone that plays vital roles in reproduction, metabolism, masculine characteristics, brain health, and more. Low testosterone levels or male hypogonadism may prevent optimal wellness in various ways, possibly causing poor muscle mass and fertility issues. Also known as low T, it has been observed to possibly reduce quality of life and has even contributed to the separation of partners.

Men who have been experiencing erectile dysfunction, low libido, and mood swings lately are therefore advised to consult with one of the health care providers at the Toronto Functional Medicine Centre. They may be able to recommend personalized treatment plans that may help with hormone irregularities.

Male hypogonadism or low T occurs when the testicles are unable to produce enough testosterone and

sperm. There are a number of possible causes, which may include: testicular injuries, a mumps infection, undescended testicles, obesity, inflammatory health conditions, hemochromatosis, medications, radiation/chemotherapy treatments, and excessive alcohol intake. Aging may also contribute to low testosterone levels. Scientists have observed that this condition has been increasing among men in their early-to-late forties.

Clinical symptoms of low testosterone levels may include: low libido, lack of concentration, heightened body fat, reduced bone density, unable to have or hold an erection, depression, lack of body hair, the formation of gynecomastia (swollen male breast tissue), and poor energy levels. Low testosterone levels may also lead to additional problems or aggravate current health problems. For instance, studies have shown the condition may have a strong connection with diabetes and it may increase risks for developing metabolic syndrome.

Conventional medicine and integrative medicine practitioners may recommend testing blood samples for low testosterone levels. Functional medicine testing may also be available to further examine the root causes of the condition, such as poor thyroid function. At the Toronto Functional Medicine Centre, they may recommend the DUTCH test where dried urine samples are examined to measure metabolites, sex hormones, and adrenal gland hormones.

The integrative functional medicine approach used treatment strategies based on the patient?s unique biology, as well as genetics, lifestyle, health goals, etc. Some of the personalized treatment strategies they may recommend include: relieving nutritional deficiencies, minimizing the use of BPA around the home or workplace, and boosting physical activity. Low levels of vitamin D have been observed to be linked to low T. Although additional scientific evidence is still required, one study has revealed that supplements provided to middle-aged men who lack vitamin D resulted in improvements in testosterone levels, metabolism, and erectile dysfunction.

Bisphenol A (BPA), which is a chemical found in a number of products, such as eyewear, shatterproof windows, epoxy resins, water bottles, etc. has been observed to be an endocrine disruptor. Thus, it may also affect testosterone levels, especially when exposure to BPA is frequent. Avoiding exposure to BPA may help in counteracting low testosterone levels.

Obesity has also been observed to lower testosterone levels. Thus, exercise may be recommended. In a 12-week study involving men, it was noted that increasing physical activity may have a greater impact on increasing serum testosterone levels in obese and overweight men.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada employs an integrative functional medicine strategy that combines allopathic medicine, restorative medicine, acupuncture, bio-identical hormone replacement, detoxification, and more. This strategy may be applied for various kinds of health

issues, such as: postmenopausal health issues, acute health issues, neuropathic pain, athletic recovery, hormone imbalances, tissue repair, fertility, cellular damage, DNA repair, mineral deficiencies, thyroid issues, chronic fatigue, skin rejuvenation, immune function, adrenal function, and more.

Those who are interested in the integrative functional medicine approach, including the use of functional medicine for PCOS and other hormonal imbalance health issues like low testosterone levels, can check out the Toronto Functional Medicine Centre website or contact them on the telephone (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 Tuesday 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 CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, 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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