

Toronto Functional Medicine Centre Explains the Functional Medicine Approach for Low Testosterone

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has presented a new blog post that explains the functional medicine approach for low testosterone. It is important to note that imbalances in male hormones may affect optimal wellness. Fortunately, functional medicine therapies may be able to provide support for hormone optimization, especially for addressing low testosterone levels in men. The article discusses the effects of having low T on men, details regarding their functional medicine therapies, and how lifestyle changes may help in managing in the condition also known as male hypogonadism.

Testosterone is a hormone that plays vital roles, such as nurturing: male reproduction, sexual health, muscle function, red blood cell maintenance, cognitive performance, and also bone density. Low testosterone may occur at any age and there are a number of risk factors, such as: obesity; unhealthy lifestyle factors (i.e. smoking, alcohol); unmanaged type II diabetes; sleep apnea; and chronic diseases, HIV/AIDS, kidney disease, liver disease.

Low T is diagnosed in Canada through a combination of blood testing and evaluation of the clinical symptoms, with the normal testosterone range between 8.5 to 29.5 nmol/L as measured by early-morning blood tests. Reasons for low testosterone include: stress, disease conditions, or pituitary gland or testicular problems. Clinical symptoms include: reduced libido; lack of body and facial hair; erectile dysfunction; increased visceral body fat; low energy levels; sleep problems; decrease in bone and muscle mass, and reduction in size of testicles; mood swings; depression; lethargy; and poor cognitive function (i.e. concentration).

If left untreated, low testosterone may result in reduced red blood cell production and cardiovascular disease. It may also trigger osteoporosis and decrease protection against chronic diseases. In addition, it may decrease sperm production, which can significantly affect fertility health goals.

Hormone optimization programs combined with bio-identical hormone therapy may be recommended but it is also important to consider lifestyle changes. Thus, they usually suggest a number of lifestyle modifications: reduction of stress levels; reducing alcohol intake; getting more sleep; having a balanced diet; reduction of exposure to bisphenol-A (BPA); and doing exercises.

At the Toronto Functional Medicine Centre, they will provide a full diagnostic session for the patient. They will carefully examine the patient?s health history, current health symptoms, lifestyle and environmental factors, and health goals. They will also perform core tests. After taking a look at the various components, they will develop a comprehensive treatment plan.

The treatment plan that they may develop at the Toronto Functional Medicine Centre may include a number of personalized integrative medicine services, including functional and naturopathic medicine, Western medicine, traditional Chinese Medicine, intravenous therapy, bioidentical hormone therapy, herbal medicine, acupuncture, and more. The treatment plans, such as dosages of oral and intravenous supplements, are tailor-fitted to the specific patient using integrative functional medicine principles. They will focus on personal hormone imbalance, nutritional deficiencies, disease prevention, menopausal symptoms (irregular periods), etc. It is important to note that hormones are vital for a broad range of reasons. Thus, they may help alleviate low testosterone symptoms with both traditional and natural therapies.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada employs an integrative functional medicine strategy that combines allopathic medicine, naturopathic medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This approach may be applied for different types of health issues, including: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, fertility issues, thyroid issues, chronic fatigue, mineral deficiencies, immune function, adrenal function, skin rejuvenation, and more.

Those who would like to know more about the integrative functional medicine approach, including functional medicine tips for the winter season, can visit the Toronto Functional Medicine Centre website or contact them through the telephone at (416) 968-6961 or by 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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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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