



Toronto Functional Medicine Centre Explains the Value of Functional Medicine for Low T

January 03, 2024

TORONTO, ON - January 03, 2024 -

Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has recently released a blog post that explains the importance of the application of functional medicine for low T. They want to advise men to pay attention to low T or low testosterone levels because it could affect their long-term health. Studies have revealed that low T may be linked to a number of health conditions, such as diabetes, Alzheimer's, obesity, and osteoporosis.

It is also important to note that testosterone is a sex hormone and plays crucial roles in the growth and physical features of men. It is produced when the hypothalamus releases gonadotropin-releasing hormone (GnRH), which triggers the pituitary gland to release the luteinizing hormone (LH). LH travels to the testicles to stimulate the production and release of testosterone.

Testosterone contributes to the function of a number of body systems, affecting male characteristics, libido, bone development, muscle size, sperm production, and more. If a person has too high or too low amounts of

testosterone, it may also affect stress levels. Testosterone levels are controlled via a "feedback loop" that controls the quantity that enters the bloodstream.

Every man may experience individual symptoms of low T. However, the typical symptoms are: erectile dysfunction; hair loss; body temperature changes (i.e. hot flashes); male infertility/low sperm count; reduction in testicular size; weakness; reduction in muscle strength and physical exertion; low libido; depression; brain fog, difficulties with focus and memory; and increase in body fat. It is important to note that testosterone levels gradually decrease by 1 percent annually as men age once they reach their thirties or forties. When diagnosing low T, it is important to find out the root cause, whether it is caused by aging or underlying health conditions, such as hypogonadism.

TFMC may recommend some functional medicine lab tests, such as the DUTCH test, which can be used to measure the quantities of testosterone and adrenal hormones. The results will be used to help custom-fit a health care plan for a particular person to help increase testosterone.

Testosterone treatments are available via conventional medicine and/or integrative medicine clinics. These treatments are available in various forms, including gels, creams, or injections. In general, getting testosterone replacement therapy (TRT) is a personal decision that can only be made by the patient after discussions with their health practitioner. Each specific individual will have different health needs, so the benefits, side effects, and risks of hormone treatments may vary from person to person.

The personalised approach used by TFMC will consider the key elements of the patient's individuality, such as medical history, environmental surroundings, lifestyle factors, and the results of the functional lab tests. A broad range of treatment modalities may be included in the customised treatment plan, including allopathic medicine, naturopathic, naturopathic medicine, acupuncture, intravenous (IV) therapy, and more. If IV therapy or the use of bio-identical hormones are advised as adjunct support, the dosages that will be used will be personalised based on the functional medicine test results levels.

Those who would like to know more about the integrative functional medicine approach, such as the use of functional medicine for adrenal function, can visit the Toronto Functional Medicine Centre website or contact them by 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 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.

###

For more information about Toronto Functional Medicine Centre, contact the company here: Toronto Functional Medicine Centre Heather Claus (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.

Website: <https://torontofunctionalmedicine.com/>

Email: info@tfm.care

Phone: (416) 968-6961

