



Toronto Functional Medicine Centre Offers Functional Medicine's Brief Guide to TRT

February 15, 2024

TORONTO, ON - February 15, 2024 -

Toronto Functional Medicine Centre (TFMC), an IV therapy clinic in Toronto, has recently published a blog post that presents functional medicine's brief guide to TRT. Low testosterone or low T is a condition where the testicles are unable to produce sufficient testosterone, which may impede various aspects of men's health. When addressing this issue with the functional medicine model, a personalized approach is used because every individual has exceptional qualities. Some patients may be prescribed testosterone replacement therapy (TRT), in combination with other custom therapies, depending on the severity of the health condition and the biological needs of the specific person.

Testosterone is a primary sex hormone in the male body and plays an important role in the development of sexual health, red blood cells, bone health, and muscle mass, while maintaining the health of the male sex organs. They are able to diagnose low T at the TFMC through blood tests and the clinical symptoms, which include: diminished libido, erectile dysfunction, body temperature issues (i.e. hot flashes), low sperm count/male infertility, reduction in pubic hair, additional growth of male breast tissue, and reduction in muscle mass and function.

When TRT is recommended by functional medicine practitioners, they will discuss the various kinds of TRT available. The TRT is usually administered as an injection or cream in the form of an ester. This is to allow the chemical to slowly get absorbed into the body.

Choosing the form of TRT to use is a personal choice that needs cautious deliberations with one's functional medicine health provider. It is also vital to consider other aspects of health and how TRT can impact other health conditions. For example, if the patient is at risk of developing prostate cancer, the treatment may not be recommended. Deciding on TRT will also take into account the patient's current lifestyle. If the patient is currently raising a young family, a topical may not be recommended as hormone treatment because it could rub off into the people they come in contact with. At the TFMC, TRT may be provided as cream, nasal gel, or intramuscular injection.

The TFMC functional medicine healthcare practitioners will personalize the treatment plans after fully understanding the patient's "whole picture" of their medical history, lifestyles factors, environmental factors, outcomes of the core tests, and health goals. After considering all of those factors, they will adjust the care to be provided with a range of modalities, including allopathic medicine, stress management strategies, naturopathic medicine, acupuncture, and more.

Personalized integrative medicine services are crafted to help address the patient's specific health concerns. Custom dosages of some supplements, for instance IV drips, are tailored when applying the integrative functional medicine model. When IV therapy is administered in combination with healthy living practices, medical intervention, and complementary treatments, these may contribute to optimal functional and overall health.

In addition to hormone imbalances, they can adapt functional medicine therapies for other men's health issues, including body aches, digestive problems, brain fog, heart disease, autoimmune disease, and more. At TFMC, they can guide the patient in applying lifestyle changes and disease prevention to enhance their quality of life.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada, applies the integrative functional medicine approach in which this concept may be applied for a range of health problems, including: neuropathic pain, athletic recovery, acute health issues, tissue repair, fertility issues, postmenopausal health issues, DNA repair, immune function, hormone imbalances, chronic fatigue, skin rejuvenation, cellular damage, adrenal function, mineral deficiencies, thyroid issues, and more.

Those who are interested in integrative functional medicine, including the use of functional medicine for acid reflux, 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 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.

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