

Forum:[Hack Forums](#)

Thread: [Testosterone Replacement Therapy \(TRT\)](#)

blackrose_x0x0 - February 13, 2024, 9:57 am

Is anyone here on TRT? Is so, what is your experience like with it?

I'm getting older and am highly considering TRT. I need to get some bloodwork done soon and go from there but I'm pretty confident I have low T levels in general even though I eat healthy (for the most part), workout regularly doing resistance and cardio training, and my sex drive seems fine, but I still seem to have a lot of symptoms of someone with low T. I don't know if I'm overworked or what, but I've had constant fatigue and brain fog for years now. My emotions used to be pretty out of whack too but that was due to the excessive amounts of alcohol I used to drink which I no longer take part in. I've been more mentally "balanced" ever since I incorporated meditation and mindfulness into my life but even still, I generally feel it's very hard to focus. Building muscle feels virtually impossible even with a progressive overload program and eating a ton of protein alongside a mostly healthy whole food diet.

TLDR; I'm concerned I have low T levels, will be getting bloodwork done, but am curious if anyone else here is on TRT or was and what their experience was like?

Komodo - February 14, 2024, 9:28 pm

It's a double edged sword, buckle your seatbelt.

The basics of Testosterone:

Testosterone has 2 functions, our main function is started before we're born and that's development and regulation of the male reproductive tract (testicles, prostate, reproductive tissues, the works). The secondary is things like increased bone density, muscle growth, fat exchange into muscle, sex drive, levels of red blood cells, and sperm. I'm sure there's more I'm going off the dome right now, but in it's simplicity it's just everything you think of when you see a defined male physique.

TRT (Testosterone replacement therapy):

TRT is prescribed for someone with hypogonadism which is just a fancy word for low T levels. The older we get the harder it is for us to maintain or keep a high level of T. Mostly this is from age but there is also another hormone called globulin which is increased the older we get to help maintain the rest of our bodies, but unfortunately also can be linked to lowering T levels.

Risks:

Years ago there was a huge controversial study about linking TRT with prostate cancer but it was ultimately busted. They did multiple studies including placebo studies and came out inconclusive that TRT had any linking to prostate cancer. It is still frowned upon to give TRT to someone with prostate cancer or someone over the age of 40 that hasn't been checked for prostate cancer yet but at least we're going in the right direction.

Another risk that is justifiable is the link of too many red blood cells from TRT. We know TRT increases our red blood cell count by about 5-10% depending on a ton of variables in your body. When you start to get too many red blood cells we call it polycythemia (poly=many | cyth=pulmonary or lungs and heart in this instance | emia=blood), red blood cells are increased because TRT

created extra of an enzyme called erythropoietin. The last study I read was linking it to be more common for this to become an issue if you already have a medical history of anemia but it could happen either way, though rare can happen.

What does this mean? Polycythemia means more blood, but our body isn't expanding to hold more of this blood so we have the same size bucket although our body is creating more blood. That means our blood is going to become thicker, it has no other option. Thicker blood means you have a higher chance of creating clots of blood in your body. A dislodged clot in your blood stream can get lodged in your heart or lungs and give you a heart attack, get lodged in your brain and give you a stroke, get stuck in your legs and cause DVT, tons of things.

Conclusion:

Does this mean TRT is bad?

No, I don't think so. If you're a generally healthy adult male most of the risks aren't really applicable. While it is low, it can still happen just like the side effect of any drug you take. I personally haven't taken any T increasing drugs or steroids but in moderation it isn't much of an issue.

Awesome question, loved answering it.

M?tt - February 14, 2024, 10:15 pm

I'm actually waiting on results so while hoping it's not low T levels, I'm at least hoping there's a treatment somewhere to help with the issues I'm having.

blackrose_x0x0 - February 15, 2024, 9:03 am

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Thanks, I really appreciate your answer since TRT isn't something I'm considering lightly. Most of the stuff I've heard about TRT is from "bros" so it's good to get another perspective more on the medical side of things rather than "I feel stronger and better you should get on TRT too!"

I'll probably be coming back and re-reading your response a few times, seriously, great stuff man. The negatives of TRT definitely do worry me but I'll be able to make a better decision on whether it's something I want to do or not once I get my bloodwork and everything done.

I sometimes wonder if I destroyed my T levels from heavy drinking for many years. It's been a couple years since I've last had any alcohol and I feel a million times better from then but still wonder sometimes if all that drinking messed up my hormones. I'm pretty clueless when it comes to the science and medical side to all this stuff.

(Feb 14, 2024 11:15 PM)M?tt Wrote: [\[CITE\]](#) I'm actually waiting on results so while hoping it's not low T levels, I'm at least hoping there's a treatment somewhere to help with the issues I'm having. I hope whatever issues you're having you can get some treatment for it. If you did find out your T levels were low, would you consider TRT?

M?tt - February 15, 2024, 10:26 am

(Feb 15, 2024 10:03 AM)blackrosex0x0 Wrote: [\[CITE\]](#) I hope whatever issues you're having you can get some treatment for it. If you did find out your T levels were low, would you consider TRT?

I'd probably seek other alternatives. I'm not sure I want to think about the possibility of missing a dose or being pulled off of it and have my "normal" levels become close to nothing. It's definitely a big decision to make and I know I'll feel great to start, but I am thinking long term instead.

Komodo - February 15, 2024, 4:01 pm

(Feb 15, 2024 10:03 AM)blackrosex0x0 Wrote: [\[CITE\]](#) Thanks, I really appreciate your answer since TRT isn't something I'm considering lightly. Most of the stuff I've heard about TRT is from "bros" so it's good to get another perspective more on the medical side of things rather than "I feel stronger and better you should get on TRT too!"

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Heavy drinking can definitely affect T waves, but if it's been a while since you drank your T levels should have came back to normal. Going through withdrawal actually makes your body rise in T waves and then level out and produce more of it naturally.

I actually took a T level test a while ago in hopes it was low so I could take TRT but it came back normal haha.

blackrose_x0x0 - February 16, 2024, 9:33 am

(Feb 15, 2024 05:01 PM)Komodo Wrote: [\[CITE\]](#) Heavy drinking can definitely affect T waves, but if it's been a while since you drank your T levels should have came back to normal. Going through withdrawal actually makes your body rise in T waves and then level out and produce more of it naturally.

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Ah I see, ya it's been years since I've touched alcohol so that's good to know. Do you know if it's true that heavy THC consumption also lowers T levels? I've heard and read mixed things about it but I'm currently on a break from weed and honestly feeling better day by day. Might not start back up with it.

Glad to hear you're T levels are in the normal! That's probably for the best huh? Haha.