

HORMONAL HEALTH – TRT

Your Testosterone Has Left the Chat.

Low energy. Low mood. Low libido. If your body were a phone, it would be at 4% battery – and the charger is nowhere in sight. Testosterone Replacement Therapy (TRT) at Lumiya Health is the clinically guided recharge you've been looking for.

BY THE NUMBERS

1 in 4
MEN OVER 30
AFFECTED

8+
KEY SYMPTOMS

5
VITAL
FUNCTIONS
RESTORED

100%
CLINICALLY
GUIDED

RECOGNISE THESE SIGNS?

Low testosterone doesn't announce itself – it quietly erodes your best self.

- Persistent fatigue
- Brain fog
- Low libido
- Mood changes
- Loss of muscle mass
- Increased body fat
- Sleep disturbances
- Reduced motivation

Clinically low testosterone – known as hypogonadism – doesn't announce itself with a dramatic monologue. It's subtler. It's the afternoon slump that never lifts. The gym sessions that feel pointless. The general sense that someone swapped you for a slightly deflated version of yourself.

These symptoms can have multiple causes. A proper medical evaluation – including blood testing – is essential before any treatment begins. We don't guess. We test.

THE BASICS

What Is Testosterone Replacement Therapy?

TRT is a prescription-based medical treatment using pharmaceutical testosterone to restore hormone levels when your body isn't producing enough. It doesn't cure the root cause – it restores your levels to a range that supports wellbeing, function, and vitality.

TESTOSTERONE POWERS 5 CRITICAL SYSTEMS:

- Sexual Health
- Muscle & Bone
- Energy & Metabolism
- Mood & Cognition
- Vitality & Life Quality

WHAT TRT RESTORES

Testosterone is essential for five pillars of male health.



HOW IT WORKS

Five Steps to Feeling Like Yourself Again

- Initial Consultation**
Full symptom, health history & goals review.
- Diagnostic Testing**
Morning testosterone levels, LH, FSH, metabolic markers, PSA – the full picture.
- Results Review**
Collaborative decision: is TRT right for you? No pressure, just evidence.
- Treatment Initiation**
Injectables, gels, creams, or patches – chosen for your lifestyle, not ours.
- Ongoing Monitoring**
Regular blood tests, clinical reviews, dose adjustments. We stay in it with you.

Some aspects may be managed virtually – though initial and follow-up assessments often require in-clinic evaluation.

YOUR OPTIONS

How TRT Is Delivered

TRT supplies testosterone in a form your body can use, bringing levels into a healthy physiological range. Your clinician will match the right delivery method to your lifestyle.

- INJECTABLES**
IM or subcutaneous at regular intervals
- GELS & CREAMS**
Applied to skin daily for steady absorption
- PATCHES & IMPLANTS**
Less frequent, longer-acting formulations

NO GUESSWORK ALLOWED

Safety & Monitoring

TRT isn't a set-and-forget situation. Think of your clinician as your co-pilot – regularly checking the instruments to keep everything running smoothly. Monitoring includes:

- Periodic Blood Testing**
Testosterone, haematocrit, lipids, liver function & PSA
- Symptom Tracking**
Clinical reviews to track how you're responding
- Dose Adjustments**
Tailored to your response and any side effects

Potential risks – like changes in red blood cell count or prostate markers – are fully discussed before treatment begins. No surprises, ever.

PLANNING AHEAD?

TRT & Fertility

Here's the honest bit: TRT can suppress natural testosterone production and reduce sperm count. If starting a family is on your radar, tell us – alternative approaches exist, and we can refer you to fertility specialists when needed. Your future self will thank you.

READ THIS BIT

Important Notes

- TRT is prescribed only when clinically indicated – not as a lifestyle upgrade.
- Long-term therapy requires ongoing supervision to monitor benefits and risks.
- TRT is not a substitute for medical justification. Full stop.
- Exercise, nutrition, sleep, and stress management remain fundamental to hormonal health. TRT works best alongside a healthy lifestyle – not instead of one.

TAKE THE FIRST STEP

Your best years are not behind you.

A single consultation could be the turning point. Our clinicians will evaluate your hormonal health, confirm your diagnosis, and create a plan built entirely around you.