

## ***Testosterone Consent Form / Terms of Acceptance***

The goals of treatment are to help treat hypogonadism, restore testosterone levels to the upper range of normal , and improve your quality of life. The effectiveness and safety of testosterone therapy has been examined by the American Academy of Family Physicians and there is no compelling evidence of major side effect resulting from testosterone therapy.

By initialing below, I understand that the side effects of testosterone replacement therapy (TRT) can include:

**Please Initial Each line:**

1. \_\_\_\_\_ Fluid Retention: The problem of fluid accumulation may be observed. This may lead to leg or ankle swelling, worsening of congestive heart failure or high blood pressure.
2. \_\_\_\_\_ Increase in Red Blood Cells: People undergoing testosterone replacement therapy may show increased red blood cell concentration and hemoglobin levels. I understand that red blood cell, hemoglobin and or hematocrit that is uncontrolled may lead to Thrombotic events including but not limited to: Arterial / venous thrombosis, cerebral vascular accident, deep venous thrombosis, pulmonary embolism, myocardial infraction. I was advised to give blood through a blood donation center at least once every four months to assist in avoiding any potential complications and side effects of TRT on red blood cell production.
3. \_\_\_\_\_ Potential stimulation of existing prostate cancer and prostate tissue. Increased urination symptoms such as decreased stream or frequency.
4. \_\_\_\_\_ Enlargement of Breast Tissues. This is the result of testosterone converting into estrogen. Breast tissues in both men and women are sensitive to estrogen.
5. \_\_\_\_\_ Changes in cholesterol and lipid levels.
6. \_\_\_\_\_ Acne or oily skin.
7. \_\_\_\_\_ Decreased testicular size.
8. \_\_\_\_\_ Decreased sperm count and possible infertility: I have been advised to supplement TRT with HCG therapy to slow the effects of testicular degeneration exacerbated by TRT.
9. \_\_\_\_\_ I understand that Vitality Internal Medicine and Men's Vitality Center recommends I undergo regular and complete physical examinations by my own Primary Care Physician.
10. \_\_\_\_\_ I understand that medicine is an art rather than an exact science, and that diagnosis and treatment may involve risks or injury.
11. \_\_\_\_\_ All of these conditions have been fully explained to me by my Vitality Internal Medicine and Men's Vitality Center provider.
12. \_\_\_\_\_ I have had the chance to thoroughly discuss my health history with my Vitality Internal Medicine and Men's Vitality Center provider.

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PATIENT

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DATE

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PROVIDER

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