

Blog post & email for AAG Anti-Aging Clinic in Aventura, FL

Testosterone Therapy Not Linked to Prostate Cancer

“Does testosterone replacement therapy increase the risk of prostate cancer?”

You’ve watched the prime time TV commercials promising to **recharge your sex life, and resurrect that youthful vigor** with testosterone replacement therapy. So, you ask your family doctor if he’ll check you for Low-T.

And this is where *many men encounter resistance*. Many primary care physicians are unaware of, or are reluctant to recommend testosterone replacement therapy for their clients.

Why? The frequently heard response is aging males are at risk for prostate cancer, and can increase that risk by using supplemental testosterone.

Clinical Trials Show Testosterone Supplementation Safe

And yet clinical trial after exhaustive study have shown testosterone replacement will not cause prostate cancer. So, what’s going on here?

Turns out we can blame it on an old urologist *and some dogs*. Here’s why...

Back in 1941 an urologist named Charles Huggins made the news, and even won the Nobel Prize for linking high testosterone levels with prostate cancer. He came to this conclusion after castrating several dogs. Seems some of these dogs had prostate tumors, and relieving them of their testes resulted in tumor shrinkage.

Since the male testes produce testosterone, it stands to reason that once removed - and if tumors are reduced then it must be the T that caused the tumors. At least that’s the conclusion postulated by Dr. Huggins.

Mistaken Assumptions from 1940 Experiment on Dogs

The Journal of Experimental Medicine agreed with Dr. Huggins, and published his findings in 1940. But Dr. Huggins ***wasn’t measuring testosterone*** at the time. He measured a drop in acid phosphate in the dogs, and then duplicated the experiment by chemically castrating three men with prostate cancer. Since their prostate tumors shrank (just like the dogs), he *used the reduction in acid phosphate as proof* that testosterone causes cancer.

Are you following this?

Now, at this stage you may be thinking, “Huh?” How did Dr. Huggins after castrating some dogs and recording a drop in acid phosphate connect those findings with testosterone? We may never know.

Turns out the *mainstream medical community* doesn't share your skepticism.

Dr. Huggins work is still treated as gospel by the average doctor, and over 60 years later millions upon millions of men (and women) have suffered as a result.

The average lifespan has increased considerably since 1940, and many of the Baby Boomer generation are living well into their 80's.

Why You're Feeling Sick and Tired

The trouble is ***most men begin to experience a slow decline in quality of life from age 30***. Some of the telltale signs can include:

- *Loss of sex drive*
- Increased body fat (especially around the waist)
- Easily fatigued
- Decreased muscle
- *Erectile dysfunction*
- Irritability

Decades of research has shown this decline is often related to ***hormones knocked out of balance***. The stress of modern life, poor quality of food, obesity, lack of physical exercise, pollution, environmental toxins, and even genetics are all contributors.

Some lab work and a thorough physical exam can identify which of your hormones are out of line. And analyzing those results can determine if hormone replacement therapy is warranted.

How to Get Your Mojo Back

These are just some of the steps an anti-aging physician will take to help you get your mojo back:

- If your labs show *low testosterone*, then the hunt is on for the ***underlying condition*** that is amenable to treatment
- Treatment has to be directed to the underlying cause if you want to experience long-term and consistent ***recovery of your youthful vigor***
- You may require thyroid hormone replacement therapy
- Steps may be taken to address high Estrogen
- Other imbalances could include low Vitamin-D, low iron, and weakened adrenals
- Once a correctable cause is identified and addressed should testosterone supplementation be initiated

You May Not Require Testosterone Supplementation

Your testosterone replacement therapy *may not even include a testosterone gel or patch*. Many men soon realize that with a thorough evaluation of their health and identifying then treating the underlying cause of chronic fatigue, ED, irritability, and a host of other symptoms - *testosterone rises on its own*.

And when it's determined your hormones need a boost there is no hesitation in recommending, and prescribing **testosterone replacement** products. Tens of thousands of men are trying testosterone shots, patches and gel - regaining **youthful vitality**.

You too can **recharge your sex life**, and resurrect that **youthful vigor** with hormone replacement therapy. And you have peace of mind knowing testosterone supplementation **does not increase your risk of prostate cancer**.

Locate and call an anti-aging doctor today, and get your mojo back.