

Testosterone for weight loss in men

My clinical experience with testosterone replacement in men includes hundreds of patients over more than a decade.

With testosterone replacement a man can expect to lose 10 to 20 pounds of fat over a year or two. During the same time he can expect to gain 10 to 20 pounds of muscle. So in most cases there is no change in weight, but there is a change in inches in the right places.

A German study looked at 255 men aged 38 to 83 with low testosterone levels and examined the long-term effects of testosterone replacement therapy to bring these levels into the normal range. Participants did not diet, and any exercising undertaken was voluntary.

After five years of follow-up, over half of the men had lost at least 33 pounds, and almost 1/3 lost 44 pounds or more. 86% of them dropped 2 inches in the waste, while nearly half dropped 6 inches or more. Participants also experienced reductions in LDL cholesterol, triglycerides, blood sugar and blood pressure. There was also no evidence of increased risk of prostate cancer.