

Your TRT Journey



Thank you for choosing Bristol Health Hub to support you on your testosterone treatment journey.

We understand this may feel like an important step, and it is natural to have questions. Following your consultation with our team, this booklet has been designed to explain what is happening and guide you through the next stages.

During your visit, we reviewed your symptoms, medical history, and blood test results. This booklet summarises what we discussed and provides additional information to help you feel informed and confident about your treatment.

Your Personalised Treatment

Every man's experience with testosterone therapy is unique. The information provided here is tailored to your individual results, symptoms, and health goals. This is not general advice but a plan specific to you.

Keep This Guide Accessible

This booklet is your companion to treatment. Inside, you will find key details about your therapy, guidance for achieving the best results, and important safety information. If anything is unclear, please bring your questions to your next appointment—we are here to support you.

“As men age, testosterone levels drop gradually, about 1% to 2% each year.”

UNDERSTANDING YOUR TESTOSTERONE

Why Testosterone Matters

Testosterone is a key hormone that influences many aspects of male health and wellbeing. Levels are highest in the late teens and early twenties, then gradually decline by around 1–2% each year from the age of 30 onwards. This natural reduction can have a wide impact on both physical and mental health.

The Role of Testosterone

Testosterone supports a range of important functions, including:

- **Muscle strength and mass:** essential for building and maintaining muscle.
- **Energy levels:** low levels often cause persistent fatigue.
- **Mood regulation:** deficiency can lead to low mood, irritability, or lack of motivation.
- **Confidence and drive:** influencing focus and daily performance.
- **Body composition:** helping regulate fat distribution.
- **Cardiovascular health:** supporting circulation and overall heart health.

Impact on Daily Life

Falling testosterone is not only about physical changes. You may notice disrupted sleep, increased stress, reduced mental clarity, or simply a sense of not feeling like yourself. These experiences are common and valid.

Understanding Your Results

Falling testosterone is not only about physical changes. You may notice disrupted sleep, increased stress, reduced mental clarity, or simply a sense of not feeling like yourself. These experiences are common and valid.

Common Symptoms of Low Testosterone

You may have experienced some of the following:

- Persistent tiredness, even after adequate rest.
- Loss of muscle mass despite remaining active.
- Weight gain, particularly around the abdomen.
- Reduced physical strength.
- Mood changes, such as low mood or irritability.
- Difficulty with focus, concentration, or memory.
- Disturbed sleep patterns.

Your Personalised Care

Your treatment plan is based on your individual results, health history, and goals. There is no “one-size-fits-all” approach, your programme is designed to address your specific needs and to help you feel like yourself again.



Your Treatment Options

How we support you

Following your consultation, we have recommended Testosterone Replacement Therapy (TRT) to restore your hormone levels to a healthy range. The aim of TRT is not to raise testosterone beyond natural limits but to return levels to what is normal and appropriate for your age, helping you feel more like yourself again.

Ways to Take Testosterone

There are several methods of TRT, each with advantages and considerations. Together, we will choose the approach best suited to your health needs and lifestyle.

Testosterone Injections

A commonly chosen option, injections provide reliable and cost-effective results. These can be administered at the clinic or, with appropriate training, self-administered at home.

Benefits:

- Predictable and effective in maintaining testosterone levels
- Usually required weekly or every two weeks
- Cost-effective treatment option

Points to consider:

- Involves the use of needles (most patients adapt quickly)
- Some men experience mild fluctuations between doses

Testosterone Gels and Creams

Applied daily to the skin (shoulders or upper arms), topical formulations allow steady hormone absorption throughout the day.

Benefits:

- Easy to apply as part of a daily routine
- Provides more stable hormone levels
- Needle-free treatment

Points to consider:

- Care needed to avoid skin-to-skin transfer to others (especially women and children)
- Must be applied consistently at the same time each day
- Slightly higher cost compared with injections

Oral Testosterone

Oral capsules may be a suitable option for men who prefer convenience. These are taken with meals and are often chosen for ease of use.

Benefits:

- Simple daily capsule
- No injections or topical application required
- Easy to travel with

Points to consider:

- Usually taken twice daily with food
- Consistency is important for best results
- May require closer monitoring during the early stages



What to Expect from Your Treatment Journey

The First Month

Treatment begins gradually, with careful monitoring to assess how your body responds. Many men notice early changes within 2–4 weeks, such as improved energy levels, better mood, and a greater sense of wellbeing.

Months 2–6: Optimising Your Therapy

During this stage, we adjust your treatment based on your symptoms and follow-up blood test results. Most men experience the most significant improvements between 3–6 months, including increased muscle mass, greater strength, improved focus, and enhanced vitality.

Long-Term: Sustaining Your Results

Once your testosterone levels are stable and optimised, we will establish a tailored maintenance plan. This includes regular monitoring and follow-up appointments to ensure you continue to feel your best. Your individual schedule has been designed according to your specific health needs and was outlined during your consultation.



Staying Safe with TRT

Common, usually mild, effects:

- Minor skin irritation at injection or gel application sites (often improves over time)
- Mild water retention in the early weeks
- Temporary changes in sleep patterns
- Vivid dreams

Less common effects

- Mood changes during the adjustment phase
- Temporary variation in sex drive
- Increased skin oiliness or occasional acne

How We Monitor Your Progress

Your safety is our priority. We carry out regular monitoring to ensure your treatment is effective and well tolerated.

Blood tests:

Testosterone levels (to confirm correct dosing)

- Full blood count
- Liver function
- Cholesterol profile
- PSA (prostate health marker)
- Other tests tailored to your health needs

Regular check-ups include:

- Physical examination at scheduled reviews
- Monitoring of symptoms and wellbeing
- Blood pressure checks and general health review
- Prostate health assessment

Monitoring schedule:

Most patients require blood tests every six months once levels are stable. Your personal plan will be adjusted based on your response to treatment and any specific health considerations.

Key Considerations

Medical history

- During your assessment, we reviewed conditions that may make TRT unsuitable, such as:
- Active prostate cancer
- Significant heart disease
- Untreated sleep apnoea
- Severe liver disease

Fertility

TRT can affect fertility. If family planning is important to you, we will have discussed suitable options to protect this.

Other medications

Please inform us of any new prescriptions or over-the-counter medications. Certain drugs may interact with testosterone, and it is important we are aware of everything you are taking.



Getting the Best Results from TRT

Testosterone Replacement Therapy (TRT) works most effectively when combined with healthy lifestyle choices. Exercise, sleep, nutrition, and stress management all play a key role in helping you achieve the best possible outcomes.

Strength training – the cornerstone of success

Resistance training makes the most of testosterone's muscle-building and metabolic effects. It also strengthens bones, boosts confidence, and improves overall wellbeing.

- Aim for 3–4 sessions per week
- Focus on compound movements such as squats, deadlifts, bench press, and rows
- Progress gradually by increasing weight as strength improves
- Allow adequate recovery between sessions

Cardiovascular fitness

Cardio enhances heart health and supports energy levels. Long sessions are not necessary—consistency matters most.

- High-intensity intervals: 2–3 times per week (20–30 minutes)
- Steady-state cardio: 1–2 sessions per week if enjoyable
- Choose activities you like—cycling, swimming, hiking, or similar



Sleep: Essential for Hormone Health

Most testosterone production occurs during deep sleep, making rest a critical part of treatment.

Practical tips for better sleep:

- Keep a consistent bedtime and wake time (including weekends)
- Aim for 7–9 hours each night
- Create a relaxing bedtime routine
- Keep your bedroom cool (18–20°C), dark, and quiet
- Limit screen use before bed

Lifestyle adjustments:

- Avoid caffeine after 2 pm
- Reduce large late-night meals
- Exercise regularly, but not just before bedtime
- Use stress management strategies to promote restful sleep

Managing stress

Chronic stress raises cortisol, a hormone that can counteract the benefits of testosterone. Learning to manage stress improves both mental health and treatment outcomes.

Strategies that help

- Daily relaxation: meditation, breathing exercises, or mindfulness (10–15 minutes)
- Outdoor activity and social connection
- Physical stress relief: regular exercise, yoga, or massage
- Healthy routines: balance work and personal life, set realistic goals, and say no when needed
- Professional support: counselling or therapy if stress becomes overwhelming

Nutrition to Support Hormone Health

Diet directly influences hormone production, body composition, and treatment response.

Key dietary principles:

- Protein: 1.2–1.6 g per kg body weight daily (e.g. ~150 g), spread across meals
- Sources: lean meats, fish, eggs, dairy, legumes, nuts
- Healthy fats: 25–30% of daily intake
- Sources: olive oil, avocados, nuts, seeds, oily fish (salmon, mackerel, sardines)
- Carbohydrates: prioritise whole grains, vegetables, fruits, and legumes
- Time intake around workouts when possible

Nutrients that support testosterone:

- Zinc (meat, shellfish, pumpkin seeds)
- Vitamin D (oily fish, fortified foods)
- Magnesium (leafy greens, nuts, seeds)
- B vitamins (meat, fish, eggs, green vegetables)

What to limit:

- Processed foods
- Excess sugar
- Excessive alcohol
- Trans fats



Supplements That May Support Your Treatment

Safety First

This information is provided for education only. Supplements are not medicines and cannot diagnose, treat, cure, or prevent disease. Always speak with your clinician before starting any supplement while on TRT.

Possible Options to Consider

Supplements should never replace a balanced diet, but in certain cases they may provide additional support alongside testosterone therapy.

Creatine

One of the most studied supplements for physical performance.

- May support strength and muscle recovery during resistance training
- Generally considered safe when used appropriately
- Adequate hydration is essential
- Quality varies across brands

Vitamin B6

- Contributes to normal protein and glycogen metabolism
- Supports psychological function
- Helps reduce tiredness and fatigue
- Contributes to hormonal regulation

Vitamin D3

Commonly low in the UK, particularly during winter.

- Supports bone, muscle, and immune function
- Essential for calcium absorption
- Testing is available to determine your individual needs

Zinc

- Supports normal testosterone levels in the blood
- Important for fertility, immune health, and skin integrity
- Supplementation needs vary; assessed during follow-up

Magnesium

- Supports muscle function and protein synthesis
- Helps reduce fatigue
- Important for psychological wellbeing
- Absorption differs between supplement forms

Omega-3 Fatty Acids

- EPA and DHA support normal heart function
- DHA contributes to brain function
- May support anti-inflammatory balance
- Quality of fish oil supplements is an important factor

Co-enzyme Q10

- Found in every cell and supports energy production
- Levels may decline with age
- Fat-soluble; best taken with meals
- Available in ubiquinone and ubiquinol forms

Strategies that help

- Daily relaxation: meditation, breathing exercises, or mindfulness (10–15 minutes)
- Outdoor activity and social connection
- Physical stress relief: regular exercise, yoga, or massage
- Healthy routines: balance work and personal life, set realistic goals, and say no when needed
- Professional support: counselling or therapy if stress becomes overwhelming

How to Choose Supplements Wisely

Before Starting Any Supplements

- Inform us first: Always let us know about any supplements you are considering or currently taking.
- Prioritise quality: Select reputable brands that use third-party testing to ensure safety and consistency.
- Be aware of interactions: Some supplements may interact with prescribed medication or influence blood test results.
- Remember their limits: Supplements are not a substitute for a balanced diet and healthy lifestyle.
- Act on side effects: If you experience any adverse effects, stop taking the supplement and contact us promptly.

How We Support Your Choices

- Discuss your interests and concerns during appointments
- Assess supplements in the context of your individual health needs
- Consider potential interactions with your testosterone therapy
- Provide guidance on appropriate dosage and timing
- Monitor effectiveness and tolerance during regular reviews



Your Ongoing Care

Working Together

Testosterone therapy is most effective when monitored carefully. Our team specialises in supporting men through treatment, ensuring you feel the benefits while staying safe.

Regular Check-ins

At each appointment, we will:

- Review your progress and response to treatment
- Adjust dosage where needed
- Monitor for possible side effects
- Track progress towards your health goals
- Answer your questions and address concerns

Blood Test Schedule

Initial phase (first few months):

- More frequent monitoring, usually every 4–6 weeks
- Ensures the correct dose is established
- Close observation of your response to therapy

Once stable:

- Routine blood tests every 3–6 months
- Annual comprehensive health checks
- Ongoing monitoring to stay ahead of potential issues

Between Appointments

Please contact us if you notice:

- Unexpected side effects
- Significant changes in how you feel
- Questions about your treatment
- New medications prescribed by other clinicians
- Any new health concerns

What to Expect

Weeks 1–2

- Your body begins adjusting to treatment
- Early improvements in energy or sleep may appear

Weeks 3–8

- Noticeable changes in energy, mood, and exercise recovery
- Early improvements in body composition

Months 3–6

- Significant improvements in muscle mass, strength, and vitality
- More stable mood and energy levels

Long-term

- Sustained benefits with continued treatment
- Ongoing fine-tuning for optimal results
- Long-term support for health and wellbeing

Everyone's Different

Your response depends on several things we talked about during your appointment:

- Your age and overall health
- Your starting testosterone levels
- How well you stick to the lifestyle recommendations
- Your individual metabolism
- Any other health conditions

What TRT is NOT:

- A magic fix for every health problem
- A replacement for healthy lifestyle choices
- Guaranteed to work exactly the same for everyone
- A short-term solution – success takes commitment

Your Next Steps

What You Need to Do Now:

1. **Book your follow-up** if we haven't already
2. **Start the lifestyle changes** we've discussed in this booklet
3. **Begin your treatment** exactly as we've prescribed
4. **Keep track** of how you're feeling
5. **Prepare questions** for your next visit

Getting Ready for Your Next Appointment

Come ready to talk about:

- How you've been feeling since starting treatment
- Any side effects or concerns
- Changes in energy, mood, or physical symptoms
- How you're getting on with the lifestyle recommendations
- Any questions about your treatment

How to Reach Us

For Urgent Medical Problems: Contact your GP or call 999

For Treatment Questions: Contact us during business hours

- Phone: 0117 452 5580
- Email: hello@bristolhealthhub.com

For Appointments:

- Phone: 0117 452 5580
- Online booking: www.bristolhealthhub.com



Book here

Final Thoughts

You've Made a Great Decision

Taking the step to address your hormone health takes courage, and you should feel good about investing in yourself. TRT, combined with the lifestyle strategies in this booklet, gives you a real opportunity to get back to feeling like yourself again.

We're in This Together

Your success depends on teamwork between you and us. We bring the medical expertise, monitoring, and support, while you commit to following the treatment plan and making the lifestyle changes that support healthy hormone levels.

Think Long-Term

Many of our patients maintain their vitality and well-being for years with proper treatment and commitment to their health. This isn't just about fixing current symptoms - it's about investing in your long-term health and quality of life.

We're Here for You

Throughout your testosterone journey, remember that our team is here to guide, support, and monitor your progress. Don't hesitate to reach out with questions, concerns, or just to let us know how you're getting on. Your future self will be grateful for the investment you're making in your health and well-being today.

Questions? We're Here to Help

This booklet gives you the information you need, but it doesn't replace personalised medical advice. Always talk to us about your specific treatment plan and any concerns you have.



THE INDEPENDENT
HEALTH & WELLBEING
GROUP



BRISTOL HEALTH HUB
PRIORITISING YOUR HEALTH & WELLBEING



www.bristolhealthhub.com



hello@bristolhealthhub.com



0117 452 5580



Low Barn, Sheepway, Portbury, Bristol, BS20 7TF