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Men who are suffering from Low T or who are seeking to increase their muscle mass while using HRT need to be aware of the side effects of the treatment. Although the benefits, such as a higher sex drive, improved moods and more muscle girth are desirable, there are some potential reactions that may not be as beneficial. Many organs and metabolic processes are affected when testosterone levels start to decline. Low levels of this hormone can also affect the brain, moods, hair growth, weight and sex organs. Prior to starting this form of treatment or any other, it is necessary to know what the potential hormone replacement therapy side effects are.

Potential Side Effects of Hormone Replacement Therapy Use

The long-term effects of hormone replacement therapy for men are currently unknown. Although this creates a little uncertainty for men who are considering the treatment, it has not deterred millions of men from undergoing the therapy. In fact, many men who enjoy the benefits are so happy with the results that they are not very concerned about the risks. Here is a brief breakdown of hormone replacement therapy side effects for men.

HRT is used to replace missing testosterone in the body. The treatment can be given as a topical creams and ointments, muscular injections, medications, implants or patches. Men who use hormone replacement therapy as body building supplements or to combat the effects of andropause may encounter any of the following side effects.

- Enlarged prostate
- Increased production of testosterone suppressing hormones
- Fluid retention
- Sterility
- High red blood cell count
- Breast tenderness and enlargement
- Liver damage
- Low sperm count

Considerations for Men Not Suffering From Low T

Men who use HRT for body building should be aware that the therapy poses additional health risks for them since they may still have normal testosterone levels. Excess testosterone in the body can lead to poor kidney function and high blood pressure, which can both increase the risk of heart attack and negatively impact one's ability to body build and to enjoy optimal health. Although many health clinics and special fitness physicians can prescribe the use of HRT products, it is often done to restore testosterone levels to their normal. Increasing them any higher can be dangerous to one's health.

Thanks to its many benefits, hormone replacement therapy is not just for men who suffer from Low T, it is also widely popular among individuals who want to regain and boost their masculinity. Doctors who prescribe hormone replacement therapy often customize treatment to the individual needs of each patient to minimize the risk of side effects and to provide optimal benefits. Some lifestyle adjustments may be required. Also, other types of medical intervention may be necessary in addition to hormone replacement therapy to increase the chances of success.

Many men who experience Low T and receive hormone replacement treatment are able to make a complete transformation. Anyone who decides

to use hormone therapy should see their physician regularly for testosterone monitoring and prostate health exams. They should also consider if the benefits outweigh the risks of hormone replacement therapy side effects.