

# HORMONE CONVERSION PATHWAY ON TRT

How testosterone is converted and regulated in the body

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## STEP 1 - MEASURED HORMONE

### Total Testosterone (TT)

Testosterone circulating in the bloodstream  
Serves as the source hormone  
TT alone does not show how much testosterone the body can use.



## STEP 2 - BIOLOGICALLY ACTIVE

### Free Testosterone (FT)

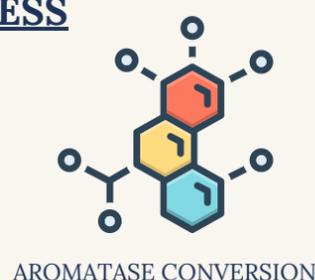
Active testosterone available to tissues throughout the body.  
FT is often more closely linked to symptoms than TT.



## STEP 3 - NATURAL ENZYME PROCESS

### Aromatase Conversion

A natural process where testosterone converts in the body

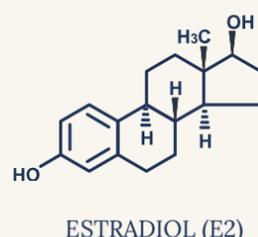


## STEP 4 - ESSENTIAL BALANCE HORMONE

### Estradiol (E2)

An essential hormone formed from testosterone  
Supports:

- Libido
- Mood stability
- Bone health
- Cardiovascular health



**Estradiol is not "good" or "bad."**  
**Both low and high levels can cause symptoms.**  
**The goal is balance – not elimination.**

## COMMON QUESTIONS ABOUT HORMONE CONVERSION

### WHAT PATIENTS OFTEN ASK:

- Why is my estradiol increasing?
- Is hormone conversion a bad thing?
- Should testosterone be blocked from converting?
- Why do symptoms differ between people?

### HOW DOCTORS EXPLAIN IT:

- Estradiol is a natural and necessary hormone in men
- Conversion supports normal physiological functions
- Blocking conversion completely may cause symptoms
- Individual balance matters more than a single lab value