

# TRT SIDE EFFECTS & PREVENTION



WHAT MAY OCCUR — AND HOW DOCTORS HELP PREVENT OR MANAGE IT

TRTExpert.com | Doctor-reviewed educational material

## POSSIBLE SIDE EFFECTS

(Not everyone experiences these)



Acne or oily skin



Fluid retention or bloating



Increased red blood cell levels



Mood changes during dose adjustment



Breast tenderness (gynecomastia symptoms)



Changes in sleep or energy

Side effects vary by individual and are often dose-related.

## HOW DOCTORS HELP PREVENT OR MANAGE SIDE EFFECTS



Note: Most side effects are manageable under medical supervision.



Personalized dosing plans



Regular lab monitoring



Dose or frequency adjustments



Symptom-based clinical review



Ongoing follow-up and reassessment

TRT IS NOT A "SET-AND-FORGET" TREATMENT. MONITORING AND FOLLOW-UP ARE ESSENTIAL FOR SAFETY.

## MYTHS

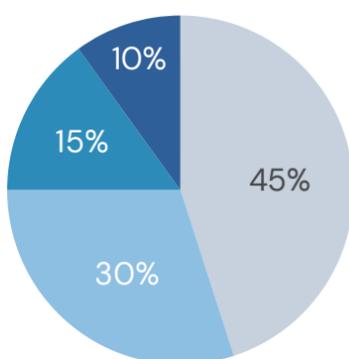
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## MEDICAL FACTS

- Side effects mean TRT isn't safe
- Everyone experiences complications
- Stopping treatment is the only solution

- Most side effects are dose-related
- Many patients experience none
- Doctors can adjust treatment safely

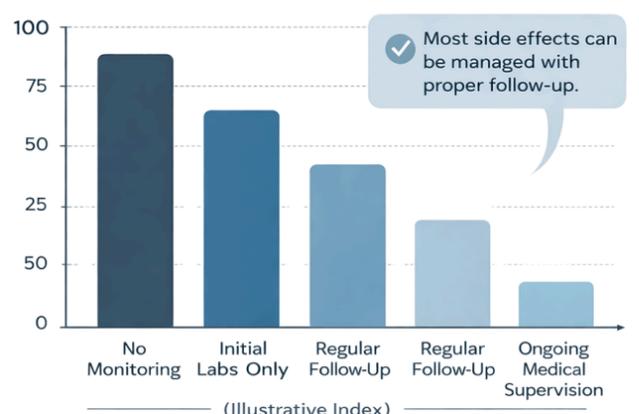
## COMMON TRT SIDE EFFECT CATEGORIES (RELATIVE FREQUENCY)



- No noticeable side effects
- Acne, fluid retention
- Mood, sleep changes
- Lab-related changes

## EFFECT OF MEDICAL MONITORING ON TRT SIDE EFFECTS

### Medical Monitoring Reduces Persistent TRT Side Effects



Illustrative data for educational purposes. Regular monitoring is associated with fewer persistent side effects.