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Female Testosterone Optimization Protocol

COMMON SYMPTOMS OF LOW TESTOSTERONE IN WOMEN

- Low libido
- Fatigue or low energy
- Brain fog or poor concentration
- Decreased muscle mass
- Increased body fat
- Low motivation or mood changes
- Difficulty losing weight

RECOMMENDED BASELINE LABS

- Total Testosterone
- Free Testosterone
- SHBG
- DHEA-S
- Estradiol
- CBC, CMP, Lipid Panel

TREATMENT OPTIONS

Injectable Testosterone (In-Office):

- Dose: 0.25 mg (0.25 mL) every 4-6 weeks
- Cost: \$25 per injection

Dose Adjustments:

- May increase based on symptom improvement, tolerance, and lab results

MONITORING & FOLLOW-UP

- Recheck labs in 4-6 weeks after initiation
- Ongoing monitoring every 3-6 months

- Adjust dosing as clinically indicated

POSSIBLE SIDE EFFECTS

- Acne or oily skin
- Mild hair growth
- Hair thinning in sensitive patients
- Mood changes if dosing is too high

Treatment is individualized based on each patient's goals, symptoms, and clinical response.