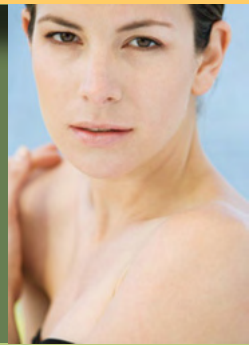




Fall/Winter 2007-2008

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Testosterone For Women

A Critical Hormone

Greetings!

Thank you for your recent inquiry to the Institute for Optimal Health. We specialize in Age Management Medicine to help slow down the aging process and optimize your quality of life. One of the critical hormones women need to maintain balance in their life is Testosterone. It is important for women to maintain their sexual health, lean muscle mass, bone mass, as well as for cognition.



Testosterone & Sexual Health

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Improving Cognition

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We have all heard about testosterone for men's sexual health, but it is just as important for women. Testosterone levels begins to fall after the age of 30 by 1-3% per year. With this decline, comes a gradual diminution in sexual libido and interest. Supplementing Testosterone in a cream form can be a wonderful way to improve your libido and desire which are crucial in every intimate relationship

Testosterone and Lean Muscle Mass



As we age, our body slowly begins to replace lean muscle with fat, which all of us find unattractive. Exercise can slow this process down but somewhere along the way, you will hit a plateau. This is because the Testosterone levels as we age are

lower and you will not be able to put on lean muscle mass. Optimizing Testosterone can help you lose body fat as well as tone your body.

Improving Cognition

Testosterone is also a very important hormone for your memory, focus, drive and concentration. As we age, many of us find it easier to become distracted and find it harder to memorize as compared to what we were like ten years ago. These can be signs of a Testosterone deficiency. To improve and or maintain your cognitive skills, have your testosterone levels checked.

There are many benefits to Testosterone therapy for women. To learn more about whether you are a candidate, please call or email us to learn more. All conversations are strictly confidential and without obligation.

Sincerely



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