Testosterone Use and Effects

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Chemistry of testosterone

Chemical formula: $\text{C}_{19}\text{H}_{28}\text{O}_2$

Bodybuilding.com explains: “Testosterone is a 19-carbon steroid hormone produced primarily by the Leydig cells of the testes (in men).” It goes on to explain that testosterone is made up of 3 hexane rings and one pentane ring (All About Testosterone).

Structure of testosterone:
Chemistry of testosterone (cont.)

3-D model of testosterone:

Red=oxygen, white=hydrogen, black=carbon

(Testosterone)
What is testosterone?

Definition: A steroid hormone that is the most potent naturally occurring androgen and that regulates the development of the male reproductive system and male secondary sex characteristics. Testosterone is produced mainly in the testes and is also used as a drug in the treatment of certain medical disorders (Dictionary.com).

Testosterone is mainly found in the testicle of male but is also secreted in small amounts by the adrenal glands. It is the main male sex hormone. It is key in the production of male reproductive organs. It is also essential in promoting muscle, bone mass, and hair growth in men. It is also a key in well-being and the overall health of males (All About Testosterone).
Testosterone Uses

**Treat hypogonadism**
- This condition is found in males. Their bodies do not create enough natural testosterone.

**Weight lifters**
- Testosterone increases protein synthesis. This means that the testosterone that goes into your blood stream will attach to the proteins that many weight lifters put in their bodies. This helps the proteins synthesize which in turn increases muscle mass (All About Testosterone). This means weight lifters can take testosterone boosters to create a higher level in their body.
- Testosterone helps to prevent muscle breakdown during workouts (All About Testosterone). This means the people who work out more can get more out of their workouts with testosterone in their bodies.
Other medical conditions

Testosterone is often used to prevent osteoporosis. Testosterone is essential in promoting bone mass and thus a great preventer of this disease (Testosterone (Transdermal Route)).

Testosterone is commonly used to help hair production in males as it is one of the fundamental developers of hair in the male body (Testosterone (Transdermal Route)).

Testosterone can also be used to treat patients with weak muscles in their body. As stated before, testosterone helps synthesize proteins in the body, which will in turn build muscle. The right amount of testosterone in your body can build weakened muscles to live a healthier life (All About Testosterone).
Along with all great things in life with benefits, there are also downsides of testosterone

Testosterone use and therapy has been directly linked to cardiovascular disease.

Lin expressed in her research that many people who were using testosterone experienced cardiac disorders, cardiovascular complaints, cardiovascular events, vascular disorders, and other descriptions of cardio illnesses (Lin 2).

Statistics:

Out of around 472 trials given to men with low T, 27 of them reported to have had cardiovascular problems. Of these 27, more than 180 problems all together were reported. Although this is only around 5% of the men who were given the testosterone, Lin still believes that from her research there is a direct correlation between testosterone use and cardiovascular disease (Lin 4-9).
Conclusion

“Appropriately prescribed testosterone is undoubtedly beneficial. However, caution needs to be exercised to ensure that the associated health benefits of testosterone therapy outweigh the potential increased risk of cardiovascular related events, particularly in older men where cardiovascular disease is common” (Lin 9).

Testosterone can have a great effect on your overall health and wellness in life, but one should also use caution when using testosterone as it can lead to things like cardiovascular disease.

Testosterone is essential to every male. Prescribed testosterone can be used to treat low T, but also other medical conditions in males.

Testosterone can be used by weight lifters to gain muscle and strength, but should be used cautiously.


