

Searching for a [Testosterone Replacement Therapy](#) center near you? Dr. Amauri Caversan Wellness Centre offers treatment that you need. Contact now (416) 922-4114



Personalized Men's Health: Testosterone Replacement Therapy Program



Studies state that Low T – also known as Low Testosterone – is associated with an increased risk of diabetes, obesity and cardiovascular disease.

According to Dr. Richard Bebb, a Vancouver-based endocrinologist, testosterone deficiency is experienced by 40% of men over the age of 45; unfortunately, few of these men undergo treatment. In fact, lower “than 5 percent are diagnosed and treated for the condition,” wrote the CBC, regarding an article published in B.C. Medical Journal.

It isn't uncommon for men over 40 years old to have symptoms of Low T; however, some men as young as 25 years old may be diagnosed with Low T.

SYMPTOMS OF LOW TESTOSTERONE LEVELS OR HYPOGONADISM:

- Prostate issues/PSA health
- Low sex drive
- Weak or absent erections
- Decreased muscle mass
- Premature ejaculation
- Inability to have an orgasm
- Frequent urination
- Enlarged prostate
- Depression
- Fatigue and anxiety
- Sleep issues
- Cognitive issues
- Weight gain, increased fat, especially abdominal
- Reduced mental clarity
- Mood swings
- Lack of motivation and drive

Testosterone Replacement Therapy (TRT) may be effective in restoring sexual function, increasing muscle mass, and improving sleep, mood and energy.

Our men's health program includes TRT, disease prevention and optimum health, which may help improve health and wellness, vitality, energy levels, libido and cognitive health.

OUR TRT PROGRAM INCLUDES:

- Full hormone assessment (with a complete evaluation and detailed medical history);
- Individualized hormone and testosterone replacement consultation;
- Comprehensive hormone, adrenal and thyroid lab tests (some may be covered by OHIP);
- Monitoring of symptoms for optimum care;
- Progress consultations throughout your treatment; follow-up appointments during the year;
- Prescription management with multiple treatment options (topical compound creams, gels, pills, troches, capsules and/or injectable therapy by a nurse practitioner);
- Custom treatment, patient specific.

Dr. Amauri Caversan, ND has partnered with a nurse practitioner, to offer a fully integrative and functional medicine program to his patients. This program is designed to help men balance testosterone and return it to optimal levels, which may include minimal side effects.

Dr. Caversan is a naturopathic doctor based in Yorkville, Toronto. Our TRT men's program is all encompassing; patients consult with Dr. Caversan for naturopathic integration and a nurse practitioner, for testosterone replacement, thyroid and hormone optimization. The nurse practitioner is trained by the renowned bioidentical hormone expert Dr. Neal Rouzier, MD.

MEN'S PROGRAM RECAP

If you have any of the following symptoms, you may be a candidate for testosterone therapy: lack of energy, decreased libido, erectile dysfunction, muscle loss or decreased benefits from workouts, sleep problems, generalized weakness, weight gain. Testosterone therapy may help relieve these symptoms by:

- Boosting energy
- Intensifying libido
- Building stronger bones and muscles
- Increasing lean body mass
- Improving workouts and cardiovascular endurance
- Sharpening memory

- Elevating mood

To learn more about Testosterone Replacement Therapy, please visit or call the clinic for more info and queries at:

Dr. Amauri Caversan ND
1200 Bay Street #1102
Toronto, Ontario M5R 2A5
(416) 922-4114

<https://dramaurinaturopath.com/>

<https://plus.google.com/+DrAmauriCaversanND>

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