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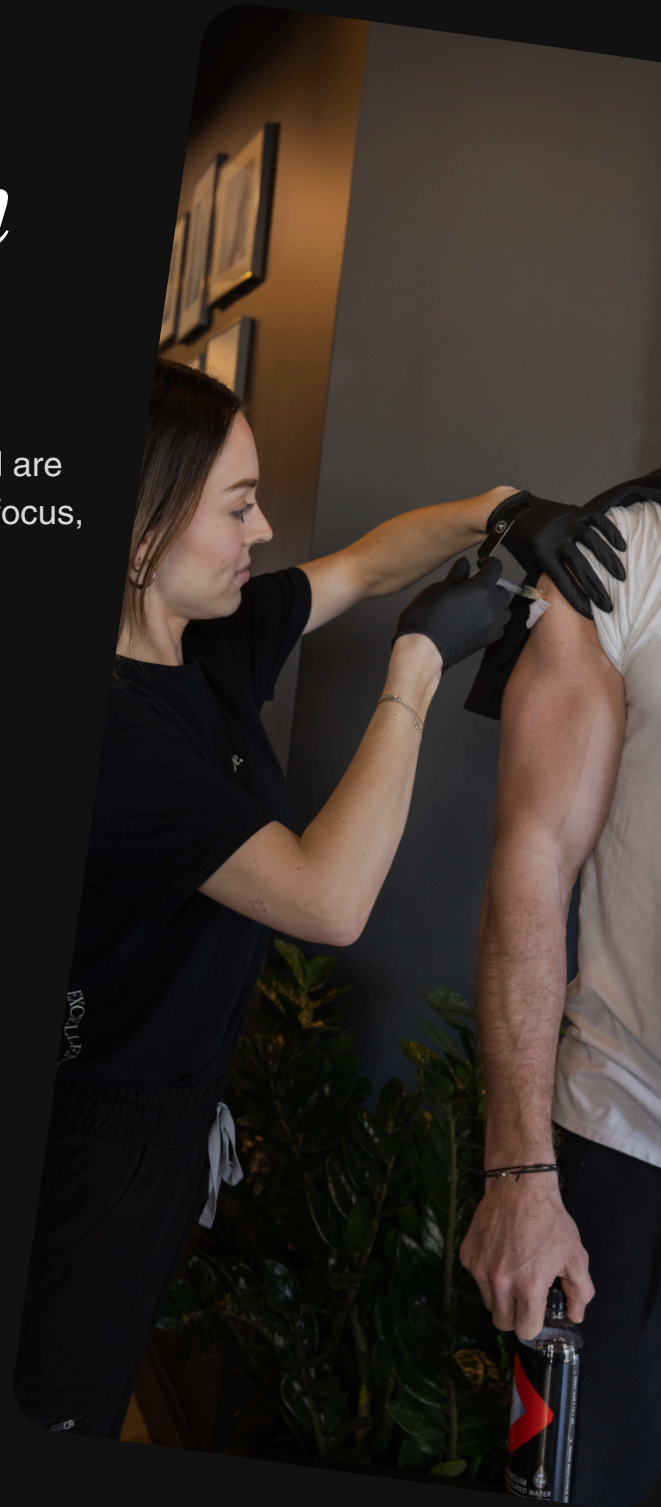
TRT IN NASHVILLE

Low T Symptom Checklist

A quick guide for men who feel off, want answers, and are ready to stop guessing about energy, drive, strength, focus, and recovery.

Inside this guide

- Signs worth paying attention to
- What labs and a consult can help clarify
- Questions to bring to your provider



SYMPTOMS MEN NOTICE

Low testosterone can show up in more than one way.

These symptoms do not automatically mean you have low testosterone. They are signals worth discussing with a licensed provider, especially when several are happening together.

Energy & Recovery

- Fatigue that feels hard to explain
- Slower workout recovery
- Lower stamina than usual

Strength & Body

- Loss of strength or muscle
- More body fat around the midsection
- Lower endurance

Focus & Mood

- Brain fog or poor concentration
- Lower motivation
- Irritability or low mood

Sexual Health

- Lower libido
- Fewer morning erections
- Performance concerns

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WHAT YOUR VISIT CAN CLARIFY

The point is not to self-diagnose. It is to get context.

Symptoms are useful, but labs and a private consultation give your provider the context needed to decide what is actually happening and what options may make sense.

Hormone context

Your provider can review your hormone markers and discuss whether your symptoms line up.

Lifestyle factors

Sleep, stress, alcohol, training load, medications, and nutrition can all influence how you feel.

Safety first

TRT is not right for every person. A provider- led visit helps determine eligibility.

A plan, not a guess

The goal is a clearer path forward: what to check, what to change, and when to follow up.

Get your First lab set free

Schedule your consultation and receive your first lab set free, a \$149 value.

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BEFORE YOU SCHEDULE

Bring better information into the conversation.

A good consult is easier when you can describe what has changed, when it started, and how it affects daily life.

Track this for 7 days

- Energy from morning to evening
- Sleep quality and wake-ups
- Workout recovery and soreness
- Libido and performance changes
- Mood, motivation, and focus

Ask during your visit

- What labs do we need to understand my symptoms?
- Could something besides testosterone be contributing?
- If I am a candidate, what does treatment involve?
- How often would we monitor labs and symptoms?
- What should improve first if treatment is appropriate?

Ready for a clearer next step?

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