

# Foundation Care Management Online Library

## 2019 Testosterone Research Article Updates: Treating Hypogonadism

1 AMA PRA Category 1 Credit™, 1 Nursing Contact Hour

February 15, 2021

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***\*We also invite you to participate in any of our accredited online programs.***

### Disclosure Statements

#### **Speaker:**

Dr. Neal Rouzier is a speaker for Evexias.

#### **Planning Committee:**

Dr. Neal Rouzier, MD, Content Expert, and Beth York, FNP-C, Lead Nurse Planner, have no financial interest in any of the products or manufacturers mentioned in this presentation.

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"A commercial interest is any entity producing, marketing, re-selling, or distributing health care goods or services consumed by or used on patients".

### Objectives:

***Upon completion of this workshop, the healthcare professional will be able to:***

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1. To demonstrate that losing weight can increase testosterone production, however not sufficient enough to improve symptoms of hypogonadism.
  2. Review recent studies indicating that the use of testosterone should not be restricted to just men with classic hypogonadism as dictated by current guidelines.
  3. Identify doses that correspond to certain serum levels and at what serum levels does one find benefit to losing fat mass and maintaining lean body mass.
  4. Describe safety and efficacy of dose-response studies and introduce the concept of functional hypogonadism.
  5. Evaluate data that support achieving certain levels for benefit and at what level is there harm.

## Course Description

Just like thyroid replacement therapy there is also controversy on administering testosterone for hypogonadism. This presentation will review the current literature that supports the benefits and risk of testosterone administration. What serum levels are considered therapeutic and most beneficial for losing fat and maintaining muscle mass. Dr. Rouzier will also review current guidelines for diagnosing hypogonadism and how these guidelines need to be changed.

## ACCREDITATION STATEMENTS

### AMA PRA Category 1 Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Foundation for Care Management (FCM) and Worldlink Medical. The Foundation for Care Management is accredited by the ACCME to provide continuing medical education for physicians.

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The Foundation for Care Management is an approved provider of continuing nursing education by the Continuing Nursing Education Group (CNEG), Approver of Continuing Nursing Education an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. *1 Nursing contact hour(s).*

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