



## TREATMENTS FOR MEN

### Symptoms of Testosterone Deficiency:

- Fatigue
- Exhaustion
- Memory Loss
- Inability to concentrate
- Low sex drive
- Erectile issues
- Weight gain-increase in belly fat
- Loss of muscle mass
- Low endurance and strength
- Irritability and rage
- Inability to manage stress
- Loss of “life-drive” or ZEST for life
- Hair loss
- Loss of body hair

### Benefits of Testosterone Therapy:

- Better energy, stamina, endurance
- Cardio/Heart protection
- Brain/Dementia protection
- Diabetes prevention
- Prevents osteoporosis
- Supports low insulin
- Weight loss
- Muscle growth
- Improved memory
- Enhanced concentration & focus
- Relief of depression and anxiety
- Improved overall mood
- Hair re-growth
- Maximizes sex drive
- Helps to correct erectile issues
- Improves blood flow

### Hormone Evaluation

To identify the underlying issues of low testosterone for men, the primary endocrine hormone levels are all tested, including: sex hormone levels, thyroid, adrenal, pituitary, metabolic and cofactors. The hormonal treatment plan is then created based on the individual's labs, history, and current symptoms. The treatment is then initiated and monitored every 3-6 months for optimal dosing, efficacy, balance and safety.

### Hormones Tested

- |                          |                             |                   |
|--------------------------|-----------------------------|-------------------|
| • Testosterone           | T4)                         | • CBC             |
| • Estradiol              | • Adrenal hormones          | • Metabolic Panel |
| • Progesterone           | • Cortisol                  | • Insulin         |
| • Pregnenolone           | • Vitamin D                 | • Glucose         |
| • DHEA                   | • B12                       | • PSA             |
| • Thyroid (TSH, T3, Free | • Lipid panel (cholesterol) |                   |

### Hormone Treatment Options

- **Testosterone Cream or Gel:** applied daily to body – prescription dose individually formulated in the compounding pharmacy.
- **Testosterone Sublingual Lozenges:** used twice daily under tongue.
- **Testosterone Injections:** muscle shot given 2-3 times per month
- **Testosterone Pellet Therapy:** Individually dosed & surgically placed under the skin – effective for 6–7 months with optimal levels achieved typically in less than 72 hours. Most effective treatment with the most convenience.



## HCG injections

Help to promote testosterone production if it is due to stress or poor lifestyle habits. Support the LH surge from the pituitary to produce more testosterone. Boost testosterone in men that do not get enough sleep.

## Erectile Dysfunction Treatments

Organic Erectile Dysfunction (ED) is a broad term, but simply refers to the development of ED due to aging and typically results from conditions that impair blood flow, nerve damage or psychosocial disorder. These conditions may be caused by diabetes, anxiety and depression, cardiovascular disease, hypertension, spinal cord injury, smoking, Peyronie's disease, advanced age, and medications.

## Male PRP Shot

PRP is a procedure designed to deliver lasting improvements in sexual performance for men, especially those who have lost function due to an enlarged prostate, prostate cancer, the after-effects of surgery, drug side effects, aging, accidents, stress, and other conditions such as diabetes.

## How Does the PRP Shot Work?

Platelet Rich Plasma contains many growth factors and healing factors. PRP has regenerative abilities and thus stimulates healing and rejuvenation. The resulting benefits typically include tissue growth that increases the development of new blood vessels and improves circulation and blood flow within the penis, stronger erections, increased sensation and sensitivity, and pleasure with enhanced sexual performance.

## What Can the PRP Shot Do for You?

Although each man's experience varies, men report these benefits following the procedure and post-treatment protocol:

- Increased firmness of erection increased blood flow and circulation, improved sexual capabilities, increased sexual stamina, increased sensation and pleasure, enhanced appearance
- Improved or resolved prostate discomfort improved or resolved urinary incontinence

## Stamina Powder

A nitric oxide formula, which increases blood flow to enhance performance, heart pressure, athletic performance, libido and sexual functioning for men and women. This powder, used in water daily, increased blood flow to the pelvis, which is the most important function of the erection. Without enough blood flow, erections will be compromised. This is a safe, over the counter supplement sold at OnePeak Medical. Stamina additionally helps to correct high blood pressure, supports the heart, (cardio - protective), enhances exercise performance, improves longevity, and may increase HGH (Human Growth Hormone).

## Sound Wave Therapy (aka Shockwave Therapy)

Sound Wave Therapy (aka Extracorporeal Shockwave Therapy) is a series of high-energy percussions applied to an affected area. The shockwave is a physical sound wave "shock", not an electric one. It can be used in the treatment of several musculoskeletal problems, erectile dysfunction and for the reduction of cellulite.