

Testosterone supplementation: Limited benefits but also harms

Testosterone may increase lean body mass by approximately 1.6 kg in older men compared to a placebo, but it does not have a consistent or significant impact on sexual function, strength, fatigue, or cognition.

Testosterone does not increase the risk of prostate events, myocardial infarction, or stroke. However, it may be associated with a higher risk of pulmonary embolism (0.9% versus 0.5% with placebo) and atrial fibrillation (3.5% versus 2.4% with placebo).

Reference:

1. [Testosterone supplementation for cis-gender men: Let's \(andro-\)pause for a moment \(Update\)](#) Tools for Practice #376

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