

# Testosterone Replacement Therapy (TRT)

**GENERAL PUBLIC INFORMATION**

The Ontario Drug Policy Research Network (ODPRN) conducted multiple studies on the effectiveness, safety, and accessibility of TRT using multiple research methods. Here are our key findings:

## What is TRT?

Testosterone levels can decline due to diseases and conditions (e.g. testicular disorders, pituitary disorders, cancer, diabetes, genetic abnormalities) or naturally with age.

**TRT is an approved treatment for conditions that reduce testosterone levels but should not be used in men with no underlying cause of testosterone reduction or with lower testosterone levels associated with aging.**

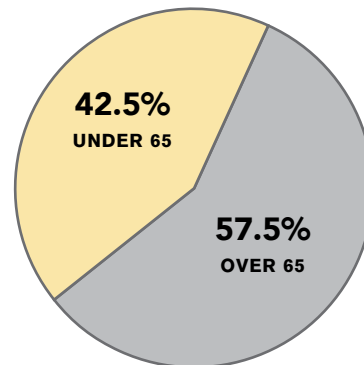
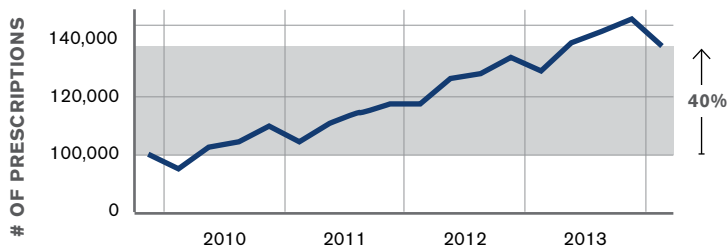
### We found that:

- TRT has been shown to increase testosterone levels but has not been shown to help improve quality of life, erectile dysfunction, libido, or depression.
- The potential side-effects and safety of TRT are unknown, due to limited evidence.

Note: Health Canada also reviewed TRT and has warned of potential cardiovascular side effects.

## Who is using TRT?

### TRT use is rising in Canada



Percentage of TRT users reimbursed by the Ontario Public Drug Program by age (2012)

Laboratory testing of testosterone levels is required before prescribing TRT. However, some men are not being tested for low testosterone.

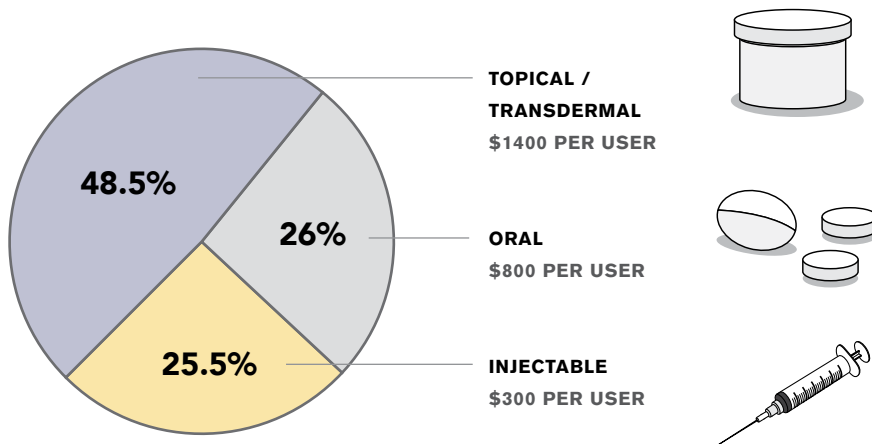
### Men of all ages in Ontario are using TRT

Slightly less than half of TRT users are under 65 years of age. In a 12 year period, TRT use has increased in older males by 24% and in younger males by 44%.

## What types of TRT are being used?

Topical TRT, which is the newest and most expensive type, has seen the biggest growth in use.

Percentage of TRT prescriptions reimbursed by the Ontario Public Drug Program and approximate annual cost per user (2012)



## For more information...

✓ Visit the Ontario Public Drug Programs website to determine who is eligible for TRT treatment <http://www.health.gov.on.ca/en/public/programs/drugs/>

✓ View the final report at [www.ODPRN.ca](http://www.ODPRN.ca)

f Find the ODPRN on Facebook: [ODPRN](https://www.facebook.com/ODPRN)

t Follow the ODPRN on Twitter: [@odprn\\_research](https://twitter.com/odprn_research)