

Neal Rouzier

Testosterone does not increase prostate volume or PSA levels or cause prostate cancer." Archives of Family Medicine: 1999;Vol. 8:252-263.

(Health benefits, feel-good benefits and no harm from testosterone.)

"Development of prostate cancer does not depend on levels of testosterone. High levels of testosterone do not increase risk of prostate cancer." RR J Cancer 1999 June;80(7): 930-4

(All medical specialty journals acknowledge that testosterone does not cause prostate cancer.)

"Testosterone levels have nothing to do with causing prostate cancer." Cancer 1999, July 15;88(2):312-5.

"None of the 12 longitudinal population based studies, such as the 'Physician's Health Study,' found any increased risk of prostate cancer in men with higher levels compared to men with lower levels of testosterone." New England Journal of Medicine 2004;350:482-92.

## Natural Hormone Replacement

"Low testosterone levels increase cardiovascular disease. High testosterone levels protect against cardiovascular disease." *Diabetes Metab 1995 Vol. 21:156-161.*

(Where would you like your level to be?  
Remember normal is not optimal.)

"Levels of testosterone, free testosterone or DHT did not predict or cause prostate cancer." *J Natl Med Assoc Sept 2000;92(9):445-9.*

(There is no correlation between high testosterone levels and prostate cancer. Low testosterone levels correlate to a more aggressive, serious cancer.)

"Testosterone replacement in women significantly decreases carotid atherosclerosis and cardiovascular disease." *American Journal of Epidemiology 2002;155:437-445*

(It doesn't make any difference if you are a man or a woman, both need optimal testosterone levels for cardiovascular protection and long term health.)

"Administration of testosterone to women eliminates hot flashes, lethargy, depression, incontinence, fibrocystic disease, migraine headaches, and poor libido. Testosterone also improves well-being, sexual desire, frequency and intensity of orgasm." *Consultant; 1999 August; 2006-07.*

(What more can be said? What woman would not want these benefits? Who would not want their spouse to experience these benefits?)

"Low testosterone levels adversely affect women's health. Testosterone improves women's energy and well-being. Treatment should begin when a woman's testosterone drops below mid-range of normal. Testosterone administration has many benefits and no risks. This is cutting edge work." *JAMA May 2004; Vol. 283(20): 2463-64*

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estrogen caused prostate cancer, as many people incorrectly and inappropriately assume, then we certainly would have observed it and we haven't.)

"Testosterone protects against Alzheimer's dementia, type II diabetes, obesity, depression, osteoporosis, muscle wasting, cognitive decline, loss of libido, crectile dysfunction, and cardiovascular disease. The prevalence of prostate cancer in men with low testosterone levels is substantial in comparison with high testosterone levels. Lower testosterone levels increase risk of prostate cancer and cancer severity.." *N Engl J Med 2004; 350:482-92*

"Despite decades of research, there is no compelling evidence that testosterone has a causative role in prostate cancer. There is no compelling evidence at present to suggest that high testosterone levels or testosterone administration increases the risk of cancer. Prostate cancer becomes more relevant at the time of a man's life when testosterone levels decline. Experienced clinicians aim for the upper-normal range, in order to optimize treatment." *New England Journal of Medicine 2004;350:482-92*

(This was a meta-analysis or a review of many articles on testosterone. Over 40 years of articles were reviewed and there was no harm and many benefits. This was a land mark article that should dispel any fear or concern about testosterone. On the other hand it certainly establishes the harm and deterioration resulting from lack of testosterone.)

"There is no clinical evidence that testosterone replacement causes prostate cancer." *Mayo Clin Proc 2002 Jan;75:583-87.*