

# Testosterone Assessment Guide (Canada)

*Educational overview for individuals considering a clinical assessment*

## Purpose of This Guide

This guide explains what a testosterone assessment typically involves in a Canadian clinical setting. It is intended to help individuals understand the process, what to expect, and how clinicians approach decision-making. It does **not** replace medical advice or establish a diagnosis.

## What a Testosterone Assessment Is (and Isn't)

### A testosterone assessment is:

- A structured clinical evaluation performed by a licensed healthcare professional
- A review of symptoms, medical history, and relevant risk factors
- A process that *may* include laboratory testing when clinically appropriate

### A testosterone assessment is not:

- A diagnosis on its own
- A guarantee that laboratory tests will be ordered
- A guarantee of treatment or medication
- A substitute for care from your primary healthcare provider

All clinical decisions are individualized and made by a licensed clinician based on medical judgment and established guidelines.

## Common Reasons People Seek an Assessment

Some individuals choose to explore an assessment after noticing **persistent or unexplained changes** that may have multiple possible causes. These can include:

- Ongoing fatigue or reduced energy
- Changes in libido or sexual function
- Difficulty maintaining muscle mass or strength
- Increased body fat or changes in body composition
- Mood changes (such as low mood or irritability)
- Reduced motivation or cognitive “fog”
- Changes in sleep quality

These symptoms are **non-specific** and can be associated with many medical, psychological, or lifestyle factors. An assessment helps determine whether further evaluation is appropriate.

## Laboratory Tests That *May* Be Ordered

If a clinician determines that testing is appropriate, labs may include some of the following (not exhaustive):

- Total testosterone
- Free or bioavailable testosterone (calculated or measured)
- Sex hormone-binding globulin (SHBG)
- Luteinizing hormone (LH) and follicle-stimulating hormone (FSH)
- Complete blood count (CBC)
- Prostate-specific antigen (PSA), when clinically indicated
- Metabolic markers (e.g., lipids, glucose)
- Other tests as determined by clinical judgment

All laboratory testing is ordered based on individual context and Canadian clinical standards.

## Safety and Eligibility Considerations

Testosterone assessment or further evaluation may **not** be appropriate for everyone. Clinicians may decline testing or further steps if there are concerns such as:

- Certain prostate conditions
- Elevated hematocrit or blood disorders
- Untreated sleep apnea
- Active malignancy or other significant medical conditions
- Use of medications that may interfere with interpretation

Clinical caution is applied to prioritize patient safety.

## What Happens During an Assessment

A typical assessment may include:

1. **Clinical Intake**
  - Review of symptoms and their duration
  - Medical history, medications, and supplements
  - Lifestyle factors (sleep, stress, activity level)
2. **Risk & Safety Review**
  - Screening for conditions where testosterone evaluation or treatment may not be appropriate
  - Discussion of relevant personal or family medical history
3. **Clinical Determination**
  - The clinician decides whether laboratory testing is warranted
  - Some individuals may be advised that testing is not indicated at this time

## Privacy & Data Handling

Your information is handled in accordance with Canadian privacy legislation, including **PIPEDA**.

- Personal health information is collected only for clinical assessment purposes
- Data is stored securely and accessed only by authorized personnel
- Information is not sold or shared for marketing purposes

You may request access to, or correction of, your personal information in accordance with applicable law.

## Next Steps

If you are considering an assessment:

- You may book a clinical assessment appointment
- Or choose to revisit this information later and decide when ready

There is no obligation to proceed beyond an assessment.

### Important Disclaimer

**This guide is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. All clinical decisions are made by a licensed healthcare professional based on individual circumstances and current medical standards.**