



### **A few things to know about testosterone replacement therapy:**

*It is important to understand that medicine is an inexact science. Although we will carry out your treatment carefully, results can vary in their degree of success. It is quite natural for a patient undergoing Testosterone Replacement Therapy to want to know that everything will turn out alright. Most of the time will be fine, however it is necessary to discuss potential risks. It is very important for you to be aware of the potential risks, as well as the benefits, expected from the treatment. If you are unsure, then perhaps you should take some time to weigh your options or consult another health care provider. Please review the following pages, which discusses informed consent. Any questions that you may have should be brought to our attention. Your clinical provider will attempt to answer all of your questions to your satisfaction.*

\_\_\_ This is my consent for Helix Health, including any physician or nurse who works with the company, to begin with TRT.

\_\_\_ It has been explained to me, that I fully understand, that occasionally there are complications with this treatment such as acne, breast enlargement, mood swings, as well as the following.

\_\_\_ Extra fluid in the body- This can cause problems for patients with heart, kidney, or liver disease.

\_\_\_ Sleep disturbance – This is called sleep apnea and is more likely to occur with patients who have lung disease or overweight.

\_\_\_ Prostate enlargement – This may cause problems with urinating.

\_\_\_ Changes in cholesterol levels, red blood cell levels, PSA levels, liver function enzymes, and other hormone levels which will be monitored with periodic blood tests.

\_\_\_ I understand that I will have periodic blood tests to monitor my blood levels.

\_\_\_ I understand there is no guarantee as to the result and that if I stop treatment, my condition may return or get worse.

\_\_\_ I have had the opportunity to discuss with Helix Health and its medical practitioners my complete past medical and health history including any serious problems and/or injuries. All of my questions concerning the risks, benefits, and alternatives have been answered. I am satisfied with the answers.

\_\_\_ I understand that the physical exam by Helix Health does not replace a full physical exam by a personal physician.

\_\_\_ I agree to have my personal physician perform a yearly full physical exam including a digital rectal exam, lipid profile, cholesterol levels, and a comprehensive metabolic panel. If I do not have a personal physician, Helix Health will assist in locating one for me.

\_\_\_ Testosterone cypionate/propionate, just like any medication carries risks, as well as benefits. And the risks include, but are not limited to: blood clots, stroke, heart attack. The FDA has approved testosterone replacement based on its benefit to risk ratio. Helix Health treats low testosterone in an appropriate and safe manner under a physician's supervision and only to patients for who it is deemed necessary.

Signature: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_