

## Questions to Ask Your Doctor About Low T

- Why do I have low T?
- If the symptoms of low T don't really bother me, do I need treatment?
- Will changing my diet and exercise routine help my low T?
- Do you recommend any "natural" remedies? Are there any I should definitely avoid?
- Is it safe for me to have testosterone replacement therapy?
- How quickly will I see improvement? How long will I need to take testosterone?
- Should I see a specialist?

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Notes: