

Doctor Discussion Guide

Since low testosterone in men is a common and treatable medical condition, your doctor or other healthcare provider can provide you with the facts about low testosterone and discuss treatment options with you. Starting a conversation with your healthcare provider is easy. Here are a few questions to help you initiate the discussion. You may want to bring them to your next appointment:

- How common is low testosterone among men my age?
- Are my symptoms related to low testosterone?
- What is a normal testosterone level?*
- How do you determine whether my testosterone level is low or not?
- What treatment options are available for low testosterone?
- How do these treatment options differ from each other?
- Is Testim[®] right for me?

*After getting a blood test, you will know your testosterone level. Levels below 300 ng/dL are often considered low.

Indication

Testim 1% (testosterone gel) is a prescription medicine that contains testosterone. Testim is used to treat adult males who have low or no testosterone.

Important Safety Information

What is the most important information I should know about Testim? Early signs and symptoms of puberty have happened in young children who were accidentally exposed to testosterone through contact with men using Testim. Please see additional Important Safety Information on last page.

ADAM Self-Assessment Tool

Low testosterone in men can have a wide range of symptoms, including sexual and nonsexual ones. To see whether you may have low testosterone, answer the questions in the self-test below.

Are you experiencing:

- | | | |
|---|-----|----|
| 1. Decrease in libido (sex drive)? | Yes | No |
| 2. Lack of energy? | Yes | No |
| 3. Decrease in strength and/or endurance? | Yes | No |
| 4. Loss of height? | Yes | No |
| 5. A decreased “enjoyment of life”? | Yes | No |
| 6. Sad and/or grumpy feelings? | Yes | No |
| 7. Less strong erections? | Yes | No |
| 8. A recent deterioration in your ability to play sports? | Yes | No |
| 9. Falling asleep right after dinner? | Yes | No |
| 10. A recent deterioration in your work performance? | Yes | No |

If you answered yes to question 1 or 7, or any 3 other questions, you may have low testosterone. Talk to your doctor to see if you should be tested.

Testim[®] is not indicated to improve all symptoms listed above.

Indication

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Important Safety Information

Do not use Testim if you: have breast cancer; have or might have prostate cancer; are allergic to testosterone or any of the ingredients in Testim, including soy. Please see additional Important Safety Information on last page.

Testim[®]1%

(testosterone gel) 

Indication

Testim 1% (testosterone gel) is a prescription medicine that contains testosterone. Testim is used to treat adult males who have low or no testosterone.

Important Safety Information

What is the most important information I should know about Testim?

Early signs and symptoms of puberty have happened in young children who were accidentally exposed to testosterone through contact with men using Testim.

Signs and symptoms of early puberty in a child may include:

- enlarged penis or clitoris
- early development of pubic hair
- increased erections or sex drive
- aggressive behavior

Testim can transfer from your body to others. Women and children should avoid contact with the unwashed or unclothed area where Testim has been applied to your skin.

Stop using Testim and call your doctor right away if you see any signs and symptoms in a child or a woman that may have occurred through accidental exposure to Testim.

- **Signs and symptoms of exposure to Testim in a child may include:** enlarged penis or clitoris, early development of pubic hair, increased erections or sex drive, aggressive behavior.
- **Signs and symptoms of exposure to Testim in women may include:** changes in body hair; a large increase in acne.

To lower the risk of transfer of Testim from your body to others, you should: Apply Testim only to the areas of your shoulders and upper arms that a short sleeve T-shirt would cover. Wash your hands right away with soap and water after applying Testim and cover the application area with clothing after the gel has dried. If you expect to have skin-to-skin contact with another person, first wash the application area well with soap and water. If a woman or child comes in contact with the Testim application area, the contact area on the woman or child should be washed well with soap and water right away.

Do not use Testim if you: have breast cancer; have or might have prostate cancer; are allergic to testosterone or any of the ingredients in Testim, including soy.

Testim is not meant for use in women. If you are pregnant, may become pregnant, or are breast-feeding, Testim may harm your unborn or breast-feeding baby. Women who are pregnant or who may become pregnant should avoid contact with the area where Testim has been applied.

Other serious side effects include the following:

- If you already have enlargement of your prostate gland, your signs and symptoms can get worse while using Testim
- Possible increased risk of prostate cancer
- In large doses, Testim may lower your sperm count
- Swelling of your ankles, feet, or body, with or without heart failure. This may cause serious problems for people who have heart, kidney, or liver disease
- Enlarged or painful breasts
- Having problems breathing while you sleep (sleep apnea)
- Blood clots in the legs. This can include pain, swelling, or redness of your legs

The most common side effects of Testim include: skin irritation where Testim is applied, increased red blood cell count, headache, and increased blood pressure.

Please see Full Prescribing Information and Medication Guide