



Dr. Techy says,

"Total serum testosterone is the most useful test"

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BULLETIN 33

SEXUAL DYSFUNCTION IN CHRONIC PAIN PATIENTS

<u>COMMON MALE CONDITIONS</u>	<u>COMMON FEMALE CONDITIONS</u>
DECREASED LIBIDO	AMENORRHEA
ERECTILE DYSFUNCTION	HYPOMENORRHEA
IMPOTENCE	DECREASED LIBIDO

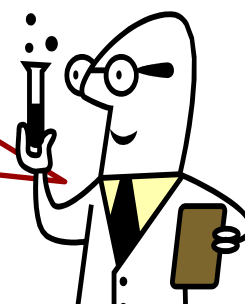
PAIN CARE FACTS

- Chronic severe pain AND OPIOIDS can cause the above-listed, common, sexual dysfunctions
- Testosterone deficiency is the most common cause of decreased libido in both sexes. Testosterone replacement in both sexes may be needed.
- Estradiol deficiency is the primary cause of amenorrhea and hypomenorrhea
- Total testosterone and estradiol serum levels are the basic serum tests to manage pain patients. FSH, LH, free testosterone, and sex hormone globulin are optional tests but usually don't help clinical decisions in pain patients.
- Estrogen trials or challenges such as "old fashioned shots" are warranted in female pain patients with such symptoms as amenorrhea, hypomenorrhea, fatigue, depression or poor pain control.

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Dr. Hormone says,

"Start testosterone in both sexes at a low dose, and titrate upward. Do follow-up testing."



**Information
Network**