

# Perform Medical Introduces Educational Resource on Testosterone Evaluation and Monitoring

SUMMERVILLE, SC, UNITED STATES, February 27, 2026 /EINPresswire.com/ -- [Perform Medical](#) has introduced "[TRT 101: Signs of Low T, Testing, and What to Expect in 90 Days](#)," an educational resource designed to provide general information about testosterone deficiency, diagnostic standards, and medical monitoring practices for adult men.



The initiative was developed to address increasing public interest in testosterone levels among men over the age of 35 who report symptoms such as persistent fatigue, reduced libido, changes in body composition, and decreased physical performance.

## Understanding Testosterone Deficiency

Testosterone levels naturally decline with age. However, clinical testosterone deficiency is diagnosed based on both consistent symptoms and laboratory confirmation. Symptoms commonly associated with low testosterone may include low energy, decreased sexual interest, reduced morning erections, mood changes, difficulty concentrating, sleep disturbances, increased abdominal fat, and reduced muscle mass.

Medical professionals emphasize that these symptoms are not exclusive to testosterone deficiency and may be associated with other underlying health conditions. For that reason, comprehensive medical evaluation is considered essential before any treatment decisions are made.

## Diagnostic Standards and Laboratory Testing

According to established clinical guidelines, total testosterone levels below approximately 300 ng per deciliter, when accompanied by relevant symptoms, may warrant further evaluation. Diagnosis typically requires confirmation through two separate morning blood tests.

Baseline assessment may include measurement of total and free testosterone, sex hormone

binding globulin, estradiol, complete blood count, metabolic markers, lipid profile, and other relevant laboratory studies when clinically indicated. Additional evaluation may consider cardiovascular health, hematocrit levels, prostate health, thyroid function, and fertility goals.

Medical supervision and ongoing monitoring are recognized components of responsible testosterone management.

#### Clinical Monitoring During the Initial Treatment Period

When testosterone therapy is prescribed, structured follow up is commonly performed during the first several months. Patients may notice gradual changes in energy levels, sleep patterns, libido, mood, and physical performance during this period. Individual responses vary.

Follow up laboratory testing is generally performed within six to eight weeks to evaluate hormone levels and assess markers such as hematocrit and estradiol. Continued monitoring may include blood pressure, lipid levels, and prostate related markers to ensure levels remain within appropriate clinical ranges.

Testosterone therapy is considered a medical treatment that requires individualized dosing and periodic reassessment.

#### Fertility Considerations

External testosterone can suppress sperm production. Men who are planning to conceive are typically advised to discuss alternative medical approaches with a qualified clinician prior to initiating therapy.

Discontinuation of therapy under medical supervision generally allows endogenous testosterone production to gradually return toward baseline levels over time.

#### Educational Focus

Perform Medical states that the purpose of the TRT 101 initiative is to provide medically grounded information to help individuals better understand diagnostic criteria, treatment considerations, and monitoring protocols associated with testosterone therapy.

The resource is intended for educational purposes and does not replace consultation with a licensed healthcare provider.

For more information, individuals are encouraged to contact Perform Medical directly.

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