

WOMEN AND TESTOSTERONE

Your Weekly Newsletter by
Dr. Nick Sieveking



Feel Great, Look Great, Have More Quality Years

Having provided the very best plastic surgery outcomes to Nashville over the last 25 years, Dr. Nick Sieveking is also board certified in functional and regenerative medicine. He is an expert on bio-identical hormone replacement therapy (BHRT) in both men and women. His philosophy is to treat patients from the inside out, improving quality of life and longevity. Testosterone replacement therapy is beneficial for women who are both pre- and postmenopausal.

Pop Quiz

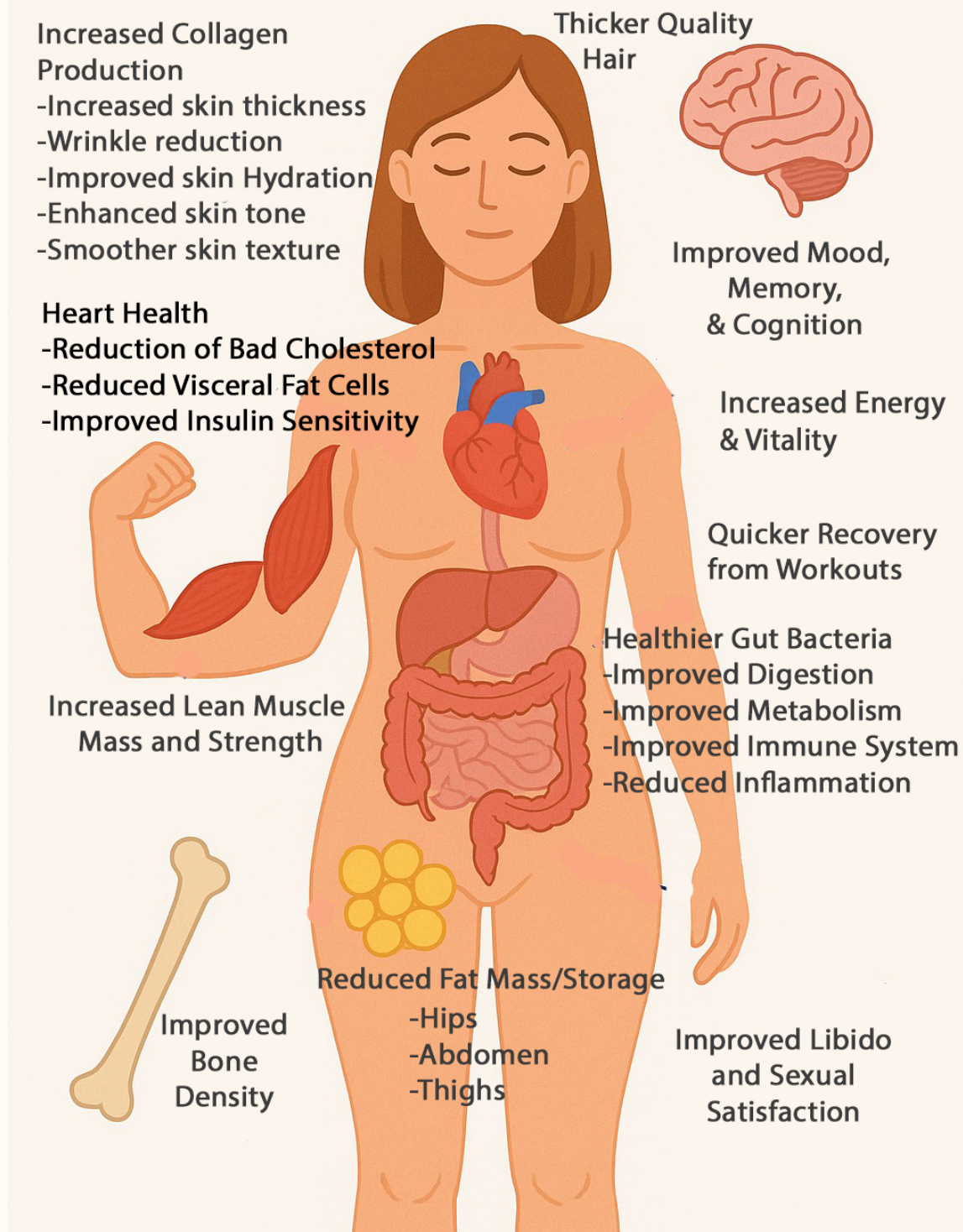
What is the most abundant sex hormone in women?

- Estrogen
- Progesterone
- Testosterone

If you answered estrogen, you're 100% wrong! Estrogen is the most active sex hormone in women, but women have at least 10x more testosterone than estrogen circulating in their bodies — even at peak menstrual cycle levels. Progesterone comes in last.

How Does Testosterone Influence Women's Health?

Benefits of Testosterone Therapy in Women



Where Are Testosterone Receptors in Women?

Testosterone affects nearly every system in the body because androgen receptors are widely distributed:

Reproductive & Sexual Organs

- Ovaries – regulate follicle development & hormone production
- Uterus & endometrium – tissue growth and repair
- Vagina & clitoris – arousal, sexual function, lubrication

- Breast tissue – development and metabolic regulation

Musculoskeletal System

- Skeletal muscle – lean mass, strength, endurance
- Bone (osteoblasts/osteocytes) – bone density & mineralization
- Tendons & ligaments – collagen synthesis & joint stability

Skin & Hair

- Dermis – collagen → thicker, more elastic skin
- Sebaceous glands – oil/sebum production → glow or acne
- Hair follicles – scalp hair/thinning and body hair distribution



Kate Winslet shared that testosterone helped her feel "sexy again" by rebalancing her hormones and combating feelings of fatigue and mental fog.

Brain & Nervous System

- Cortex, hippocampus, amygdala – mood, memory, cognition
- Hypothalamus – regulates hormonal feedback loops
- Supports mental clarity, mood stability, and sex drive

Cardiovascular & Metabolic Tissues

- Endothelial cells – improve blood vessel function & nitric oxide
- Adipose tissue – fat storage & breakdown
- Liver – lipid metabolism
- Pancreas – insulin sensitivity

Immune & Gut

- Immune cells – anti-inflammatory effects
- GI lining – barrier integrity & microbiome balance



Halle Berry has spoken out about how she uses testosterone therapy to combat low libido and fatigue associated with menopause, calling it "life-changing" therapy.

How Is Testosterone Replacement Therapy Administered in Women?

Women require roughly 1/10 the dose of men. Options include:

- ✓ Topical creams or gels (most common)
- ✓ Sublingual dissolving troches
- ✓ Vaginal creams or suppositories
- ✓ Transdermal patches
- ✓ Intramuscular injections – usually reserved for men
- ✓ Subcutaneous pellets – not recommended by Dr. Sieveking (large peaks and troughs, scar tissue, pellet extrusion, risk of infection)

Risks vs. Risks of Not Treating

Today, hormone replacement experts aren't asking "What are the risks of testosterone therapy in women?" Instead, they're asking: What are the risks for women who remain testosterone-deficient and do not receive therapy?

Possible (mild, reversible) risks of TRT include:

- Clitoral enlargement*
- Excess hair growth*
- Acne/oily skin*
- Irritability or mood changes*
- Not safe in pregnancy (risk to fetus)
- Increased red blood cell production (mainly in men at higher doses)

**Almost always the result of excessive dosing at supraphysiological levels.*

At Sieveking Plastic Surgery & Ageless Solutions, testosterone levels are closely monitored to minimize side effects and maximize benefits. Please forward this newsletter to your friends so they can start their journey to improve health and wellness.

Stay well,
Nick Sieveking, MD

SPECIAL OFFER

--Through End of October 2025--

Make an appointment and receive a FREE laboratory test to evaluate your full female hormone profile. Get a personalized treatment recommendation — at no charge.

Stay Tuned!

Be on the lookout for next week's newsletter on cosmetic surgery for the eyelids and eyebrows.

Schedule Appointment



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Ageless Solutions

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