

CONTOURS

Concierge Hormone Optimization

The Executive Guide to Testosterone Therapy

10 Essential Considerations Before Starting TRT

Private • Personalized • Performance Focused

1. Symptoms Tell the Story, Not Just the Lab

Low energy, brain fog, slower recovery, declining strength, stubborn weight gain, and reduced drive often signal suboptimal hormones. Treatment should be guided by how you feel, not just a number on paper.

2. Precision Testing Comes First

Comprehensive labs allow us to evaluate total and free testosterone, SHBG, thyroid function, metabolic markers, and cardiovascular health so therapy is safe and strategically personalized.

3. Testosterone Supports Total Performance

Optimized hormones enhance focus, muscle development, recovery, body composition,

confidence, and resilience. The goal is measurable performance, not temporary fixes.

4. Your Delivery Method Should Fit Your Lifestyle

Injections, creams, and other options behave differently. We select the approach that matches your schedule and provides the most stable results.

5. Cardiometabolic Health Is the Foundation

Cholesterol, insulin sensitivity, sleep quality, and inflammation all influence outcomes. Addressing these variables amplifies the benefits of therapy.

6. Training and Nutrition Multiply Results

Resistance training and adequate protein intake transform hormonal optimization into visible, sustainable change.

7. Dosing Is a Refinement Process

Elite results come from thoughtful adjustments. We titrate carefully to identify your personal performance sweet spot.

8. Consistency Creates Stability

Routine scheduling keeps levels steady and prevents the fluctuations commonly seen with inconsistent protocols.

9. Ongoing Monitoring Ensures Safety

Regular labs assess hematocrit, lipids, liver function, and hormone balance to ensure long term safety and effectiveness.

10. Work With Specialists Who Treat the Whole Person

True optimization requires expertise and partnership. Concierge care means proactive follow up, direct access, and a strategy built specifically around you.

Ready to Elevate Your Energy, Strength, and Confidence?

[Book your free, **private** consultation **Now**.](#)