

## Testosterone, Free & Total

### **DESCRIPTION**

The Testosterone, Free (Direct), Serum with Total Test will determine the level of testosterone (free and total) in your blood.

Testosterone is a hormone (commonly produced in males, but is also in females in small amounts) that affects sexual features and development. Testosterone levels explode in men after puberty and continue to rise until about age 40.

Overall, this test will give you a better understanding of how much testosterone is in your blood.

### **WHY DO I NEED THIS TEST?**

If you're taking steroids, a testosterone supplement, or any other anti-aging medicine, you should consider Testosterone, Free (Direct), Serum with Total Test. These supplements promote muscle and bone growth, but too much can affect your body in other ways.

Want more information? ANY LAB TEST NOW® offers a Growth Hormone Panel, which tests for both free and total testosterone, as well as Human Growth Hormone (HGH) and Insulin-like Growth Factor (IGF 1).

### **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

Test results generally take between 1-3 business days after your sample has been received by the lab.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

Although fasting is not required for this test, your healthcare provider may recommend fasting prior to the test. Fasting means no food or drinks except for water for approximately 8 hours prior to the test.

### **OTHER RELEVANT LAB TESTS**

Customers who consider the Testosterone, Free (Direct), Serum with Total Test might want to consider the Growth Hormone Panel. You might also consider the Annual Check-Up or upgrade to the Comprehensive Male Panel or Male Health Profile.

**WRITTEN BY:**  
**EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR**

Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.