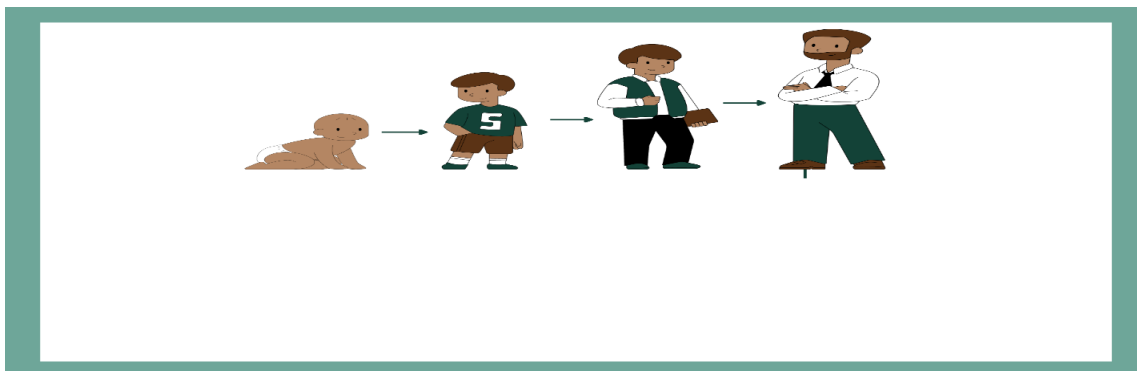


## Testosterone Treatment for Boys Born Biologically as Male: Information for Patients and for Parents and Carers of Patients.



### What is testosterone?

Testosterone is a male sex hormone that makes it possible for boys to grow and develop during puberty. Puberty is when a child's body begins to develop and change as they become an adult, because of changes in their hormones. Testosterone is made in the testicles. The brain sends messages to the testicles telling them to make testosterone.

### What is CDGP (constitutional delay in growth and puberty) in boys born biologically as male and how is it treated?

In CDGP, boys can make testosterone, but puberty happens much later than for other boys in the same age group. This delays their growth, at just the time when other young people in the same age group are growing more because of puberty. This difference can cause upset and worry for some boys. A low dose of testosterone over a short period can be used to make puberty start.

### What is hypogonadism and how is it treated?

Hypogonadism happens when messages from the brain and testicles do not work properly. So the testicles make little or no testosterone. This slows down growth of muscles and genitals. Testosterone can often be used to treat hypogonadism and the treatment usually starts between 12 to 14 years of age and continues for life.

### How is testosterone given to the patient?

There are different ways in which testosterone can be given. In the UK this can be by injecting it or as a gel. Your specialist will talk to you about the best treatment for you or for the child. Make sure you follow the instructions given by the specialist as they might be different from the information in the manufacturer's leaflet.

### How are testosterone injections given?

Testosterone injections are given into the muscle in the bottom or thigh, usually every 4 weeks.

### How is testosterone gel used?

Testosterone gel needs to be used on healthy skin. on the shoulders, arms or stomach every day and must be allowed to dry before dressing. Do not use it directly on the genitals. Women who use the gel on a child must wear gloves. If it is used by men on a child or by a male child, they must wash their hands thoroughly with soap and water afterwards. It is best to use the gel in the morning, and not have a bath or shower or go swimming for at least 6 hours.

### How long is testosterone treatment given for?

When to give the treatment and for how long depends on each case. Your specialist will talk to you about this.

### Is there anything else I need to know?

Using testosterone treatment with children is not licensed at present in the UK but medicines are often used without a license (off-label). Testosterone treatment is already used with children in the UK and is recommended in national guidelines. Your specialist will give you more information about this.