

Of the three potential reasons to stop TRT, fertility is the overwhelming reason for most men. Along with suppressing natural testosterone production, TRT can also have a negative impact on sperm production. There was a time in history not that long ago when it was thought exogenous testosterone would be touted as a male contraceptive.



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What can I expect from stopping TRT cold turkey? : r/Testosterone - Reddit



I am thinking of just stopping TRT cold turkey. . Quitting TRT. Sharing my experience and would appreciate some guidance around PCT. asdasd12312asdasd; Jun 13, 2023; Steroid Forum; 2. Replies 39 Views 2K. Aug 19, 2023. SYNTAX_ERA. B. From alcoholic to TRT and cruise (Test and Mast, Gyno, getting the most out of the least)

How to Stop Testosterone Therapy | Lindy Health



ComfortablePut8808 Quit TRT cold turkey, 10 days later. No symptoms whatsoever. Is this normal? Did Test C for 10 months. 170mg/week split dose. Exercise: 2-3/week. Diet: a solid 8/10 157 comments Best Top New Controversial Q&A Popular-Goat-1126 • • 8 mo. ago It could take a few weeks before you start feeling bad.

What Happens When You Stop TRT? - Aphro-D



Orchard claims that quitting cold turkey isn't effective, and around five percent of people will succeed when attempting to quit this way. Advert. 10.

Stopping TRT cold turkey. bad idea? | MESO-Rx Forum



1 BraveSubstance • 5 yr. ago Coming off T cold turkey sucks. Its a agonizing slow decline over 2 or 3 months. Your libido, energy levels, motivation, and concentration will go right out the door. I felt like complete crap for 3 years before I had had enough and decided to get back on TRT. Your levels will go back in the tank.

Quit TRT cold turkey, 10 days later. No symptoms whatsoever . - Reddit



Oct 14, 2023 trt withdrawal R Rektopet New Member Oct 14, 2023 #1 Looking for advice / guidance after having severe side effects 9 months into treatment, followed by abrupt discontinuation and severe withdrawal. Almost 5 months later, still not back to pre-TRT self. Some background: 37 yo M

Quitting TRT Cold Turkey after One Shot - Pharma / TRT - COMMUNITY - T .




Stopping TRT is no easy feat, especially if you've been on it for a very long time. With so much misinformation on the internet, exactly what happens when you stop TRT? Key Takeaways Before you stop TRT, talk to one of licensed physicians first.

Quitting Testosterone Cold Turkey? Advice needed : r/Testosterone - Reddit



systemlord December 6, 2023, 4:41pm 6. Total T doesn't define testosterone deficiency. Actually the cut off is 12 nmol/L, according to the British Society for Sexual Medicine. Total T is a function of SHBG and doesn't even come close to measuring the end result of the testicles production of testosterone → Free T.

Testosterone Withdrawal Symptoms: What You May Notice



SIGNS OF MALE MENOPAUSE (ANDROPAUSE)

“Andropause is a gradual decline in hormone levels. When men reach about 40, testosterone levels usually begin to drop about one percent a year.”

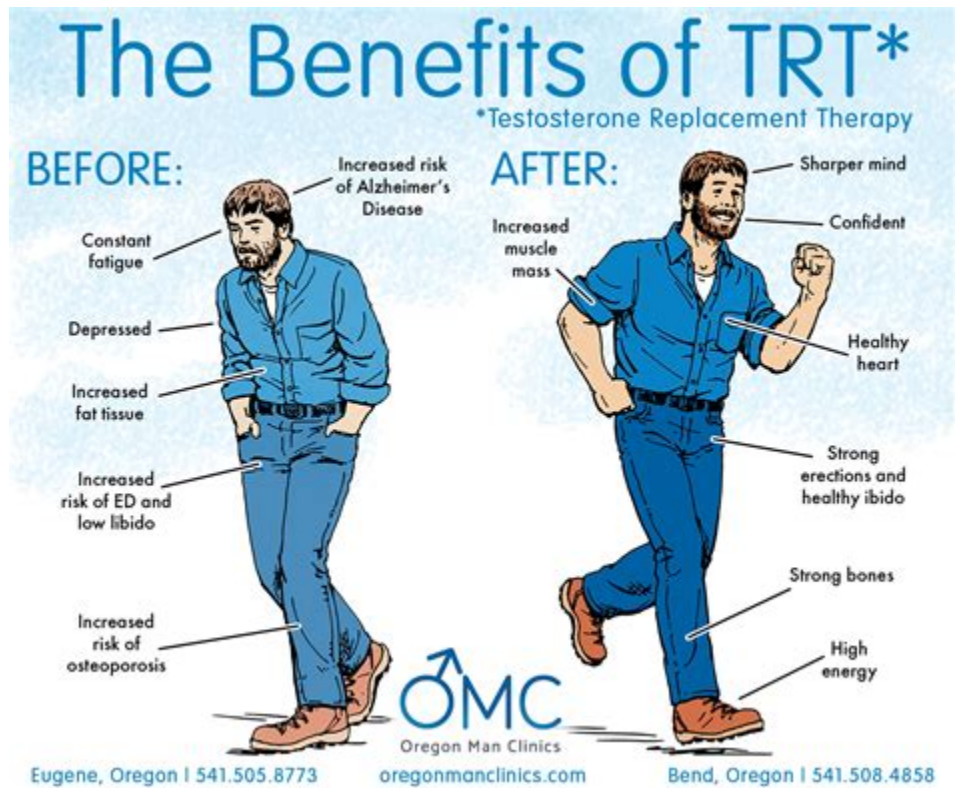
The following are some symptoms of low testosterone:

- diminished sex drive
- reduced muscle bulk and strength
- night sweats
- fewer spontaneous erections
- poor concentration
- sleep problems
- loss of body hair
- palpitations
- shrunken testes
- height loss
- fatigue
- irritability
- memory loss
- increased body fat
- reduced self-confidence
- infertility
- depression
- swollen breasts
- anemia

Source: Fred Cicetti, MyHealthNewsDaily Columnist, Live Science

You shouldn't quit cold turkey - at least get some clomiphene or nolvadex to speed up your recovery
larz27 • 6 yr. ago What was your estradiol before TRT? if that was really low, you could be at risk for bone issues. May or may not be a good enough reason to do TRT. Just wait a month and see how you feel. Maybe get bloods after two months.

What Happens When You Stop TRT? - Abruptly, After Years - Muscle and Brawn



TRT will sever this tie, and in some cases, natural production can be regained. However, the extent that it could be regained has not been well documented yet after the long-term use of TRT. Can you quit TRT cold turkey? I would highly recommend against quitting TRT 'cold turkey.' There are compounds like HCG that can be used with your .

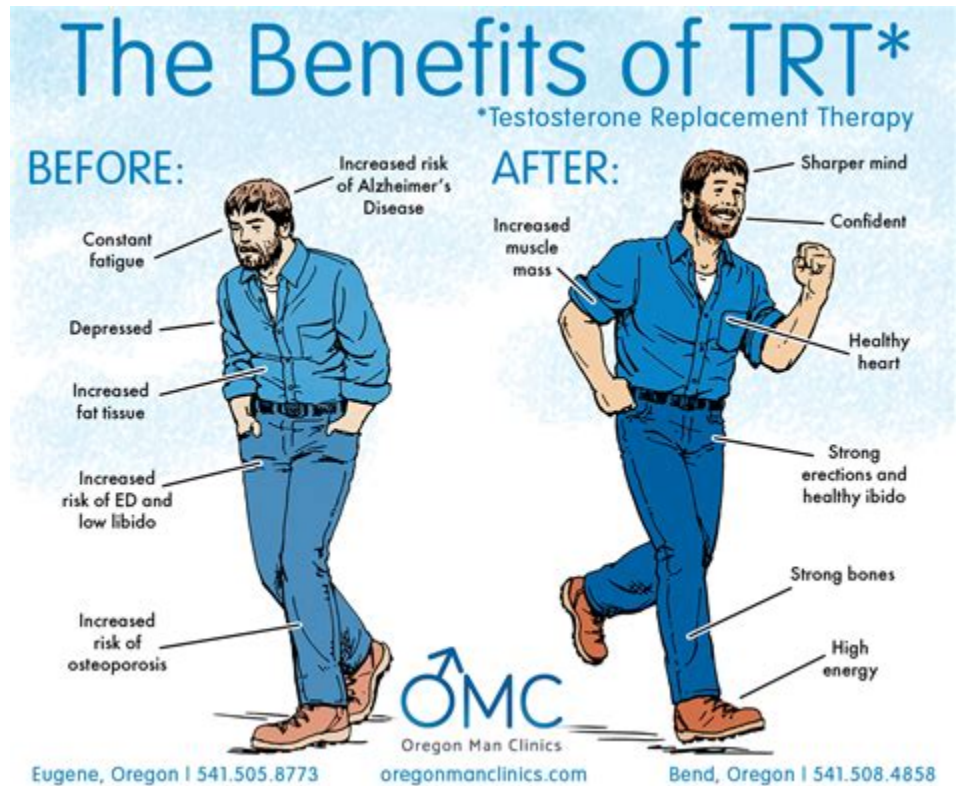
Vapers given health warning about going cold turkey in New Year - LADbible



If you simply stop TRT cold turkey, your body will get into shock due to a sudden deprivation of

testosterone. Your body will most face a sudden drop in energy and libido levels. You may even feel depressed, anxious, and irritated for no reason. Usually, these effects will wear off after a few weeks of stopping testosterone treatment.

How To Stop TRT Safely - Hone Health



How did you stop your testosterone? Did you gradually taper down the amount you were receiving or did you abruptly discontinue? Simply discontinuing without gradually tapering down the amount of hormone you received may lead to more severe withdrawal effects.

The Risks of Quitting Cold Turkey and Withdrawal Symptoms - Verywell Mind



Yes, you can end TRT. Here are the factors to consider to stop TRT safely. By Isadora Baum Medically Reviewed by James Staheli D. O. December 19, 2023 30-Second Takeaway Testosterone replacement therapy (TRT) is used to treat low testosterone.

Anyone ever quit TRT cold turkey? : r/Testosterone - Reddit



What happens if you stop TRT cold turkey? If you were on a TRT that lasted less than a month, short-term trials suggest that stopping testosterone injections cold turkey is not likely to result in any side effects.

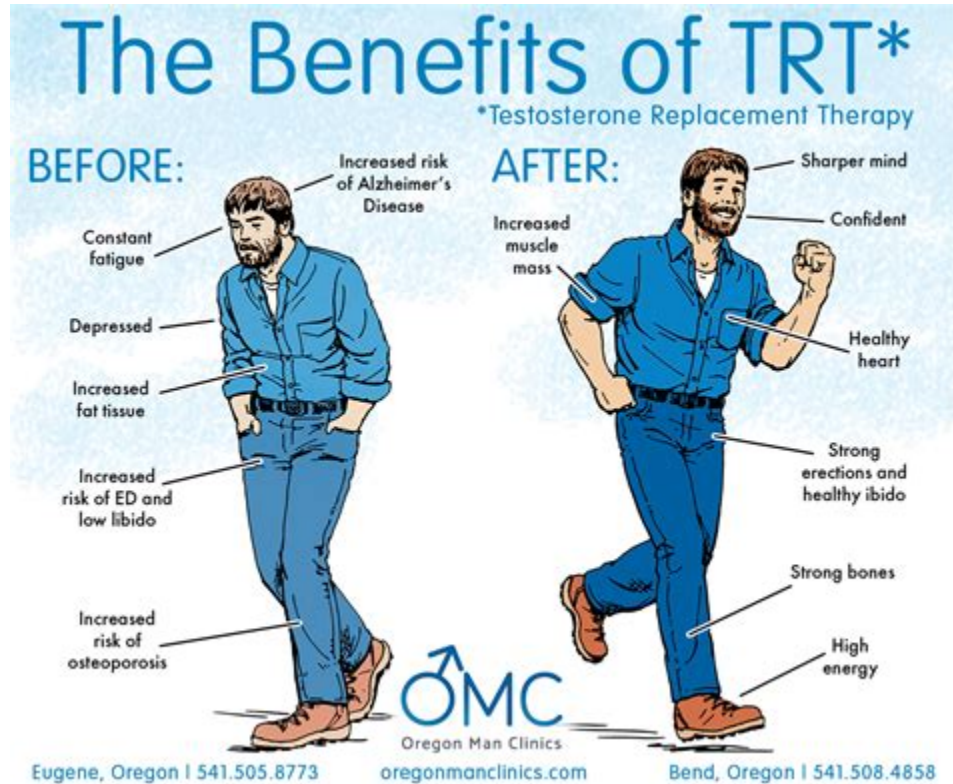
Recovery after stopping cold turkey | Excel Male TRT Forum



Stopping TRT will, in most cases, see your body revert to its previous state prior to commencing the

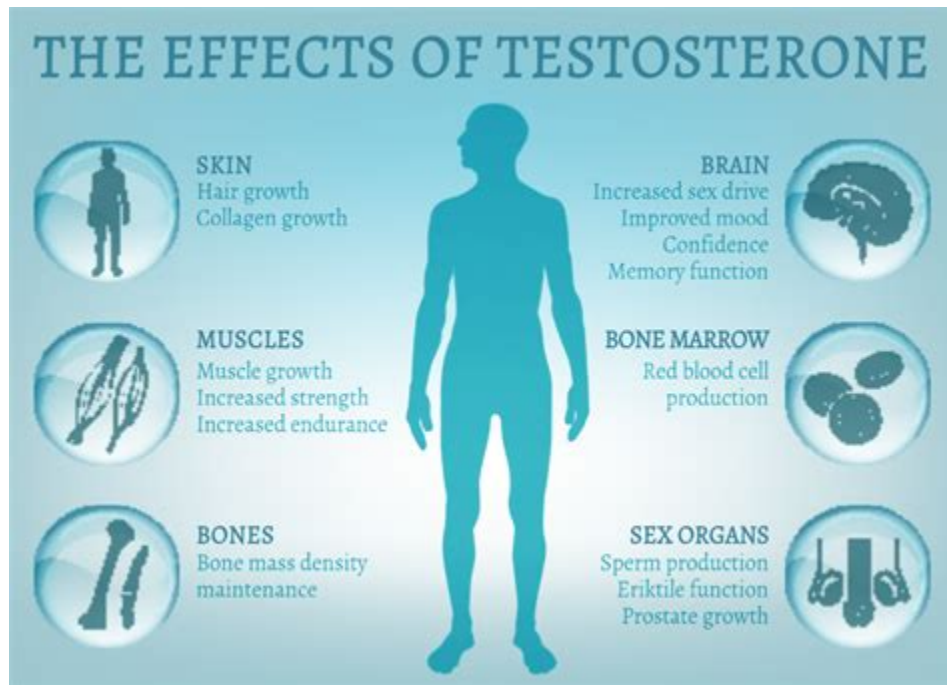
treatment. Most patients report feeling more tired, weaker, losing muscle mass, increased fat, thinning hair, and lower sex drive. In contrast to the beneficial results of TRT taking some time to be felt after starting the treatment, the .

How to Stop Testosterone Replacement Therapy (TRT) Safely - Discounted Labs



Getting enough sleep (7 - 9 hours) Eating a healthy and nutritious diet. Reducing stress. Reducing consumption of alcohol. After you stop testosterone therapy, you will likely also be put on a regimen of vitamins and nutritional supplements designed to stimulate your body to increase your natural testosterone output.

How to Safely Stop Testosterone Therapy - Kingsberg Medical



by Watermelondrea69 Anyone ever quit TRT cold turkey? Long story short: After a couple years of TRT I've come to realize that I cannot manage estrogen regardless of dose (it's now very, very low) or AI. This has caused some serious health concerns and I want to either drop TRT or at least take a long break from it while I figure this out.

Has anyone quit TRT cold turkey? : r/Testosterone - Reddit

12:15

LTE



MyQuest™



Test Result



CORTISOL, TOTAL

CORTISOL, TOTAL

mcg/dL

18.0

Reference Range: For 8 a.m.(7-9 a.m.) Specimen: 4.0-22.0

Reference Range: For 4 p.m.(3-5 p.m.) Specimen: 3.0-17.0

* Please interpret above results accordingly *

FSH

FSH

Reference Range: 1.6-8.0 mIU/mL

3.7

PROGESTERONE

PROGESTERONE

Reference Range: <1.4 ng/mL

1.0

ESTRADIOL

ESTRADIOL

Reference Range: < OR = 39 pg/mL

25

Reference range established on post-pubertal patient population. No pre-pubertal reference range

established using this assay. For any patients for ... [Show More](#)

AA myquest.questdiagnostics.com




If you are on enanthate or cypionate it will take you 5 weeks for the esterified testosterone to clear. Then your body will enter a hypo state and begin to ratchet up it's production of the hormones responsible for signaling test production. Not before.

How to Wean Off Testosterone and Avoid Side Effects | HRTGuru



Those who stop TRT cold turkey as opposed to tapering off slowly are much more likely to experience withdrawal symptoms as well. What Happens When You Experience Testosterone Withdrawal? These symptoms may vary in length and severity, but most people who undergo testosterone withdrawal experience the following: Testosterone Cravings

Testosterone Withdrawal Symptoms & Effects - Renew Vitality



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- increased body fat
- reduced self-confidence
- infertility
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- swollen breasts
- anemia

Source: Fred Cicetti, MyHealthNewsDaily Columnist, Live Science

Quitting substance use "cold turkey" carries very significant risks if the drug you are discontinuing is alcohol, a benzodiazepine, or an opioid. If you're unfamiliar with the meaning of cold turkey, it is defined as the "abrupt complete cessation of the use of an addictive drug. "

I quit TRT cold turkey : r/Testosterone - Reddit

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AA myquest.questdiagnostics.com



To do this, slowly start reducing your dosage size over several weeks. Though you will still experience some adverse side effects and withdrawal issues, they won't be as severe as you would get when cold turkey. Side Effects of Stopping TRT Even if you get a doctor's help, stopping TRT will likely be a challenging experience.

What Happens When You Stop Testosterone Replacement Therapy?



Finally talked to my primary care doctor and they said to stop testosterone cold turkey and that it will probably be a rough few months ahead - I wonder what the recovery timeline would look like for getting off of TRT after being on it 7 months.

Quitting Substances Cold Turkey: Safety, Risks, and More - Healthline

QUITTING DRUGS COLD TURKEY
DANGERS AND WHY TO AVOID IT

 Quitting cold-turkey means abruptly stopping drug use without any medical supervision.

RISKS INCLUDE

 IRRITABILITY	 MENTAL FOG	 SLEEPLESSNESS	 MUSCLE ACHES	 NAUSEA
SEVERE RISKS INCLUDE	 INCREASED BLOOD PRESSURE	 SEIZURES	 HALLUCINATIONS	 TREMORS

"Cold turkey" is a quick-fix method to quitting tobacco, alcohol, or drugs. Rather than gradually tapering off the substance, you stop taking it immediately. The term comes from the goosebumps.

- <https://publiclab.org/notes/print/45846>
- <https://publiclab.org/notes/print/43576>
- <https://publiclab.org/notes/print/45456>