



At Pinnacle Men's Health, our providers follow the **Worldlink Medical principles** of testosterone replacement therapy (TRT). This approach emphasizes physiology-based optimization, hormone balance, and longevity—not suppression or outdated treatment models. Our goal is to restore balance, vitality, and performance while optimizing long-term health. Every treatment plan is individualized, evidence-based, and closely monitored for your safety and success.

THE PURPOSE OF TRT

Testosterone plays a key role in maintaining energy, muscle mass, cognitive clarity, bone strength, and cardiovascular health. With age or stress, levels naturally decline, often resulting in fatigue, poor recovery, low libido, and mood changes. TRT restores hormones to physiologic levels—helping you feel, look, and function at your best

LONGEVITY & HEALTH OPTIMIZATION BENEFITS

Optimized testosterone supports more than vitality—it promotes healthy aging and prevention of chronic disease.

Benefits include:

- Increased energy, focus, and motivation
- Enhanced lean muscle and fat metabolism
 - Improved sleep and recovery
 - Mood stability and confidence
 - Bone and joint protection
- Cardiovascular and cognitive support
 - Sexual health and vitality

WHY WE DO NOT USE ESTROGEN BLOCKERS

Pinnacle does **not** prescribe aromatase inhibitors or estrogen blockers. Following Worldlink principles, we recognize that estradiol (E2) is an **intracrine hormone**, meaning it acts locally within tissues such as the brain, bone, and heart. Suppressing estrogen interferes with these protective benefits and can cause fatigue, low mood, joint pain, and poor cardiovascular outcomes.

Healthy estrogen levels in men are vital for libido, erectile function, cognitive performance, and long-term bone and heart health. Our focus is on balance—not suppression.



WHAT TO EXPECT AND WHEN YOU'LL FEEL IT

2-4 WEEKS	Improved focus, energy, and motivation
6-8 WEEKS	Better mood, libido, and sleep
12-16 WEEKS	Notable body composition and recovery improvements, full physiologic adaptation occurs gradually, depending on lifestyle, nutrition and adherence.

POSSIBLE SIDE EFFECTS & MANAGEMENT

Mild, manageable side effects can occur early in therapy and typically resolve with proper monitoring and dose adjustments. These may include fluid retention, acne, or a rise in hematocrit. Regular labs and communication with your provider help ensure optimal, safe outcomes.

THE ROLE OF SHBG (SEX HORMONE BINDING GLOBULIN)

SHBG determines how much free (active) testosterone is available. Low SHBG leads to faster hormone clearance, often requiring smaller, more frequent injections. High SHBG slows release and may allow for less frequent dosing. We individualize injection schedules based on your SHBG and symptom response.

UNDERSTANDING AND INFLUENCING SHBG

****Low SHBG**:** Associated with insulin resistance, obesity, or inflammation.

****High SHBG**:** May be linked to undernutrition, thyroid dysfunction, or liver stress.

To support optimal SHBG: improve insulin sensitivity, maintain healthy body composition, reduce inflammation, and avoid excess sugar and alcohol.

WHY HIGHER TESTOSTERONE LEVELS ARE NOT ALWAYS BETTER

More testosterone is not always beneficial. Excess levels can lead to elevated DHT and estradiol, increasing side effects without added benefits. Our goal is to reach your ****optimal physiologic range****—where energy, focus, and vitality peak safely.



YOUR TRT PROGRAM AT PINNACLE MEN'S HEALTH

1.) Discovery Call

Meet with our provider to review your goals, symptoms, and medical history.

2.) Lab Orders

Comprehensive labs are ordered to evaluate hormone, metabolic, and overall health status.

3.) Lab Review Appointment

We review results together and develop your personalized treatment plan.

4.) Start Therapy

Begin your testosterone replacement program with ongoing support and education.

5.) Follow-Up at 10-12 Weeks

Labs are repeated to assess optimization, safety, and progress

6.) Maintenance Phase

Once stable, follow-up visits and labs occur every 6 months.

WELCOME TO PINNACLE MEN'S HEALTH!

We're committed to optimizing your health, performance, and longevity through Worldlink Medical principles of hormone replacement.

Our mission is to help you feel and function at your best—for life. For questions or to schedule your next follow-up, please contact our care team.