Testosterone Therapy: Challenges and controversy

Testosterone Replacement Therapy (TRT) has been gaining interests amongst men and health care providers in the last decades. In recent years, the intervention has been in the spotlight following publications highlighting the potential association of the TRT with higher mortality, myocardial infarction and strokes. Attention has also been directed on issues related to the over-treatment of men with testosterone, the media pressure on men resulting in the reluctance to grow old and the practice of age reverse medicine. The debates on TRT have initiated scientific scrutiny of the practice and drive to formulate prospective randomized trials in order to ensure efficacy and safety. This is the opportunity to reflect on scientific trials and guidelines, to scrutinize the challenges and controversy on this important issue of Testosterone Replacement Therapy.