HIGH LEVEL OF TESTOSTERONE

Hyperandrogenism, Hyperandrogenemia

A condition characterized by excessive levels of testosterone in the body.

⚠️ Risk factor ♂ Male & Female

About High level of testosterone

High level of testosterone is a condition if your body produces too much testosterone. Excessive levels of testosterone can occur in males and females.

In female

During puberty, it is normal testosterone levels among girls is increasing. It plays a role in the development of breasts, fuller hips, and pubic and underarm hair.

Women’s level of testosterone is higher when measured pre-intercourse vs pre-cuddling, as well as post-intercourse vs post-cuddling. Testosterone levels higher than 200 ng/dL are considered pathological in female. When females have a higher baseline level of testosterone, they have higher increases in sexual arousal levels but smaller increases in testosterone, indicating a ceiling effect on testosterone levels in females.

There are positive correlations between positive orgasm experience in women and testosterone levels where relaxation was a key perception of the experience.

High testosterone levels are associated with menstrual cycle irregularities.

In male

Testosterone levels in males have been shown to vary according to the ovulating state of females. Males who were exposed to scents of ovulating women recorded a higher testosterone level than males who were exposed to scents of nonovulating women. Ultimately, these higher levels of testosterone may increase the reproductive success of males exposed to female ovulation cues.

Men whose testosterone levels are slightly above average are less likely to have high blood pressure, less likely to experience a heart attack, less likely to be obese, and less likely to rate their own health as fair or poor. However, high testosterone men are more likely to report one or more injuries, more likely to consume five or more alcoholic drinks in a day, more likely to have had a sexually transmitted infection, and more likely to smoke. Testosterone levels higher than 1000 ng/dL are considered pathological for male.

The levels of testosterone are related to the type of relationship in which one is involved. Men involved in polyamorous (individuals have more than one partner) relationships display higher levels of testosterone than men involved in either a single partner relationship or single men. Polyamorous women have both higher levels of testosterone and score higher on measures of sexual desire than women who are single or women who are in single-partner relationships.

Symptoms

Increasing of testosterone can have many symptoms:
Possitive

- reduction in depression
- sex drive/libido
- muscle mass increases

Negative

- acne - fairly common among anabolic steroid users, mostly due to stimulation of the sebaceous glands by increased testosterone levels
- reduced fertility
- hair loss
- enlarged prostate
- increased red blood cell production

**Associated diseases**

- anovulation
- polycystic ovary syndrome
- hyperandrogenism

**Complications**

- increased breast size in male - a condition called gynecomastia (which is usually caused by high levels of circulating estradiol), may arise because of increased conversion of testosterone to estradiol by the enzyme aromatase (Pic. 1)
- cardiovascular disease or coronary artery disease
- sleep apnea in male (a pause in breathing or instances of shallow breathing during sleep)

**Risk factors**

**Female**

- estrogen replacement therapy during menopause
- higher doses or longer periods of estrogen
- a longer period of fertility - either from an early first menstrual period or late menopause
- endometrial cancer

**Male**

- testicular problems - testicular cancer
- adrenal gland problems

**Prevention**

Given that high levels of testosterone in female and male is related to unhealthy lifestyle, lack of exercise, and weight gain. It is important for people to lead healthy and active lives.

**How it can affect fertility**

Sexual activity can affect testosterone levels, taking part in competitive activities can cause a man’s testosterone levels to rise or fall.

High level of testosterone testosterone can lead to infertility. Higher testosterone levels may be responsible for higher levels of antibodies in the seminal fluids which might ultimately inhibit the motility of spermatozoa. High levels of testosterone stimulate the humoral immune response, and hence ASA (antisperm antibodies) production which causes a reduction in sperm motility. High testosterone levels in men may also lower the overall production of sperm.

In females taken anabolic steroids during pregnancy, can affect fetal development by causing the development of male features in the female fetus and female features in the male fetus. High level of testosterone in female also can lead to infertility due to lack of ovulation.

**Prognosis**
Getting pregnant with high level of testosterone is possible, but it can be difficult. One of the main reasons high testosterone levels in female is because they have a condition called polycystic ovary syndrom (PCOS). PCOS can cause a many of issues.

Reducing testosterone levels is often accomplished with medication. Testosterone reduction therapies are used in polycystic ovary syndrome and prostate cancer. Reducing testosterone levels with medication can make a positive impact in fertility and symptoms may improve or go away.

Find more about related issues

Diagnoses

Anovulation
Failure of the ovaries to release an oocyte over a period of time generally exceeding 3 months.
Learn more at: www.fertilitypedia.org/therapy/diag/anovulation

Hyperandrogenism
A medical condition characterized by excessive levels of androgens in the body.
Learn more at: www.fertilitypedia.org/therapy/diag/hyperandrogenism

Polycystic ovary syndrome
A condition in which a woman has an imbalance of female sex hormones. This may lead to changes in the menstrual cycle, cysts in the ovaries, trouble g
Learn more at: www.fertilitypedia.org/therapy/diag/polycystic-ovary-syndrome

Gallery

Pic
Development of breast tissue in males.

Sources

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