

# FROM THE COUCH TO ACROSS THE GLOBE: Renew Youth Gets This Personal Trainer Back on Track

**PATIENT:**

Barrett Orteg

**AGE:**

46

**BEGAN TREATMENT WITH RENEW YOUTH:**

2018

**SYMPTOMS:**

Depression, irritability, low sex drive, fatigue, weight gain (belly fat), loss of muscle mass, unproductive workouts, and decreased mental acuity

**TREATMENT REGIMEN:**

- Testosterone daily by injection
- Estrogen blocker
- Clomiphene
- DHEA

**CHANGES:**

Improved mood, decreased irritability, more energy, improved body composition (down to 8.8% body fat), increased libido, improved workouts, improved mental cognition

Barrett Orteg struggled with depression his entire life. But after being laid off at age 30 from a job he loved, he entered a particularly dark period. He tried everything he could think to feel better. Exercise, meditation, diet, medication—none of it was working.

Intense exercise gave him some relief, but he soon found that he was getting injured on a regular basis. He would feel depressed, work out to feel better, get hurt, and then wouldn't be able to work out until he healed. The result was a vicious circle, and an even deeper depression.

It was about this time that Barrett read an article about low testosterone in men and how it's frequently overlooked by primary care doctors. After doing a substantial amount of research on testosterone replacement therapy, Barrett was ready to give it a try. He feels fortunate that his research led him to Renew Youth. "By the time I called I was basically lying on the couch and not able to get up because my depression was so bad," he recalls.

## Good Listeners

Because Barrett had thoroughly researched testosterone replacement, he had his own ideas around what he wanted to do by way of therapy. What impressed him about Renew Youth was that they truly listened to what he wanted and needed. No one tried to dismiss his knowledge. Instead, they added to it and worked with him to do things in a way that made him comfortable.

Barrett's initial test results revealed that at the age of 42, he had the testosterone levels of "a 90-year-old

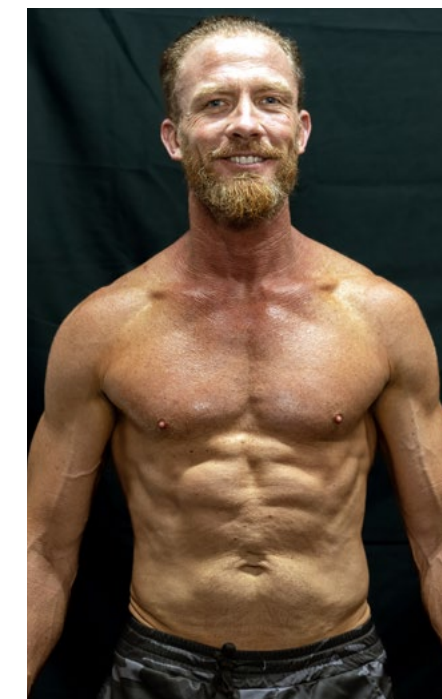
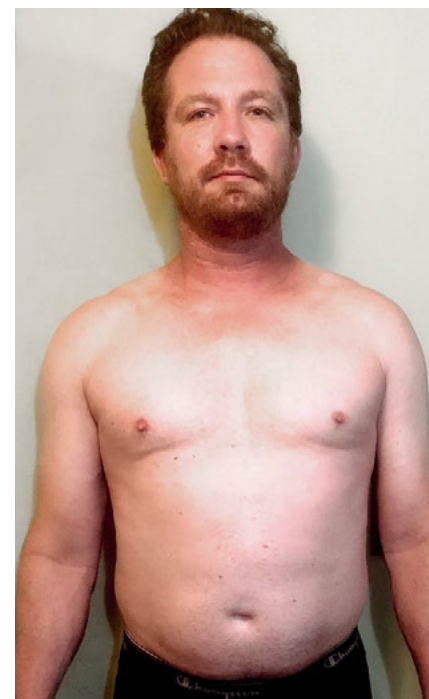
man" (to put it in his own words). Testosterone replacement therapy with Renew Youth quickly brought Barrett's testosterone up to optimal levels, while simultaneously keeping other hormones balanced. Four years later, he continues to appreciate the openness and responsiveness he experiences with Renew Youth's team.

"They always respond so quickly," he says. "I never have to wait." He is also grateful for how simple it is to get his medication. "All of the coordination they do from reviewing lab results with me, to collaborating with the doctor, and ordering my medications...they make the process so easy."

## "Normal" May Not Be Optimal

Apart from alleviating much of his depression, Barrett has gained more muscle mass and is no longer suffering from repeated injuries. "I've been an athlete my entire life," he says, "so I couldn't understand why I was suddenly getting injured so often. I just hate the answer people give when they say, 'Well, you're getting a little older now.'" Barrett refused to accept that as an answer. With his hormone levels properly balanced, he's been able to gain muscle, lose fat, and is no longer getting injured while working out.

These changes are particularly meaningful given that Barrett is a personal fitness trainer. He often works with clients that are having similar issues to what he was having. He tells them to call Renew Youth so they can get their hormones checked. Many return to him reporting that their



primary care doctor assured them their testosterone is "fine". Barrett is patient with them as he explains why he specifically instructed them to contact Renew Youth.

He explains that your average primary care doctor isn't well-versed at assessing testosterone levels in men. If a man's levels are within the reference range, they will likely be told that they're fine. But nothing could be further from the truth, which is that most men are healthiest and feel their best at the upper end of the scale. Also, primary care doctors don't usually know to look at free testosterone as well as total testosterone, to evaluate estrogen in combination with testosterone, among many other things. Accurately assessing

testosterone levels requires expertise. Barrett knows from his own experience that Renew Youth has that expertise.

## A Lifelong Commitment to a Better Life

Thanks to all the research he did, Barrett wasn't apprehensive about starting testosterone replacement therapy. His only hesitation was around the long-term commitment. He understood that he would only get the benefits of testosterone replacement by staying on it. But he soon came to see it as a long-term commitment to a better life. "You can be depressed and recover slowly for the rest of your life, or you can restore your hormones to healthy levels. To me it was a very easy decision," he says.

When Barrett assesses the changes he has experienced through working with Renew Youth, he has no doubt that he made the right decision. "I'm more positive about life—there's a lot more positivity that comes out of me." The biggest change he's seen is in his energy level. "It's a little bit embarrassing to say this, but before I started treatment, I really struggled to get off the couch. Testosterone replacement gave me back my energy."

And what is Barrett doing with all this energy? He'll be leading canyoneering and rafting trips this summer, and in the fall he's travelling to Africa to help build a children's home and shelter for abused women—quite a contrast from not being able to get off the couch.