Testosterone Therapy & Autoimmune Health
Support for Rheumatoid Arthritis (RA) and Related Conditions

🌿 Anti-Inflammatory Benefits

- Calms the immune system: less swelling, stiffness, and pain
- Lowers harmful cytokines, which slows joint damage
- Promotes healthy immune balance

🦴 Stronger Bones

- Builds bone density, lowering fracture risk
- Protects against osteoporosis, especially with long-term RA medications
- Supports hip and spine strength

🤝 Healthier Joints

- Reduces tenderness and stiffness
- Maintains joint integrity
- Improves mobility for daily life

💪 More Muscle Strength

- Increases lean muscle mass and strength
- Protects joints by improving stability
- Boosts energy and functional movement

❤️ Cardiovascular & Whole-Body Support

- Testosterone is **cardio-protective**—supports heart health and blood flow
- Enhances mood, energy, and sleep
- May reduce flares and improve quality of life

⚡ **Bottom Line:**
For people with RA or autoimmune disease and low testosterone, therapy can reduce inflammation, strengthen bones/muscles, protect the heart, and improve daily well-being.