



How Long Does Testosterone Take to Show Effects?

A published review of studies used previous research to determine how long it took for Testosterone Replacement Therapy to produce various effects.

This review found that:

- Effects on **sexual interest** appear after 3 weeks plateauing at 6 weeks, no further increments beyond.
- Changes in **erectons/ejaculations** may require up to 6 months.
- Effects on **quality of life** manifest within 3-4 weeks, but maximum benefits take longer.
- Effects on **depressive mood** appear after 3-6 weeks with a maximum after 18-30 weeks.
- Changes in **fat mass, lean body mass, and muscle strength** occur within 12-16 weeks and stabilize at 6-12 months, but marginally continue to improve over years.
- Effects on **inflammation** occur within 3 to 12 weeks.
- First effects on erythropoiesis (increased **red blood cells**) typically show up after 3 months, peaking at 9-12 months.
- **Prostate specific antigen (PSA) and volume** rise, marginally, before plateauing at 12 months. Further increases are related to aging rather than TRT.
- Effects on **lipids** appear after 4 weeks and reach maximum effect after 6-12 months.
- **Insulin sensitivity** may improve within few days, but effects on glycemic control become evident after 3-12 months.
- Effects on **bone** detectable after 6 months but continue at least for 3 years.

[Read the study.](#)