

Table 1. Mean difference or mean standardized differences in several clinical parameters after testosterone substitution as derived from meta-analysis of the available evidence (adapted from ref.# 63)

Clinical parameter	Outcome
Body composition	
Weight (kg)	0.43 [-0.54; 1.39]
Body Mass Index (kg/m ²)	-0.66 [-2.66; 1.35]
Waist circumferences (cm)	0.25 [-0.09; 0.58]
Fat mass (standardised mean)	-0.32 [-0.44; -0.19]**
Lean mass (standardised mean)	0.51 [0.37; 0.66]**
Glucose profile	
Fasting glycemia (mM)	-0.34 [-0.51; -0.17]**
HOMA index	-0.80 [-1.16; -0.45]**
Lipid profile	
Total cholesterol (mM)	-0.357 [-0.61; -0.13]**§
Triglycerides (mM)	-0.22 [-0.37; -0.08]**§
HDL cholesterol (mM)	-0.03 [-0.08; 0.01]
Blood pressure	
Systolic blood pressure (mmHg)	0.94 [-1.08; 2.96]
Diastolic blood pressure (mmHg)	0.95 [-0.66; 2.54]

* $p < 0.05$, ** $p < 0.0001$; § only studies enrolling hypogonadal (total testosterone < 12 nM) subjects were considered. HDL: high density lipoprotein; RCT: randomized controlled trial.