

# LETTER to the Editor

## To the Editor:

I was reading the January/February 2006 issue of *Menopause Management*, and found the article “Position Statement, Part 2: The Role of Testosterone Therapy in Postmenopausal Women: Position Statement of the North American Menopause Society” helpful. However, I could find no normal range listed for the free testosterone index calculation. The formula for calculation you published is helpful, but what is the normal range? I’ve been unable to find this.

Thank you,  
*Kathryn Hill, WHCNP*  
Portland, Oregon

## Response:

Thank you for your question. I regret that we did not provide a normal range for the free testosterone index in the article. To the best of my knowledge, this range is not well defined in the literature. A normal range for free testosterone index (FTI) may be calculated from data provided by a population-based study of approximately 600 randomly recruited Australian women, aged 18–75 years, not using exogenous hormones, without prior oophorectomy or hysterectomy, and without polycystic ovarian syndrome or hyperprolactinemia.<sup>1</sup>

The average sex hormone binding globulin value in this study was approximately 50 nmol/L, and varied minimally with age. The mean total testosterone levels were 1.6 nmol/L in the youngest women studied

and 0.7 nmol/L in the oldest women studied, resulting in a range for calculated mean FTI of 1.4–3.2 across all ages.

The 10<sup>th</sup> percentile values for total testosterone ranged from 0.9 nmol/L in the youngest women to 0.3 nmol/L in the oldest women, resulting in a range for calculated 10<sup>th</sup> percentile FTI of 0.6–1.8 across all ages.

The 90<sup>th</sup> percentile values for total testosterone ranged from 2.5 nmol/L in the youngest women to 1.1 nmol/L in the oldest women, resulting in a range for calculated 90<sup>th</sup> percentile FTI of 2.2–5.0 across all ages.

Therefore, a range of values for FTI encompassing the 10<sup>th</sup> to 90<sup>th</sup> percentiles for

**POSITION STATEMENT, PART 2**  
**The Role of Testosterone Therapy in Postmenopausal Women: Position Statement of The North American Menopause Society**

**Table 6. Predicted contribution to decreased sexual function in postmenopausal women**

Testosterone Index	Testosterone Index	Testosterone Index	Testosterone Index	Testosterone Index	Testosterone Index
0.9	0.3	2.5	1.1	0.6	1.8
2.2	5.0	1.4	3.2	0.6	1.8

women aged 18–75 would be 0.6 to 5.0, with mean values ranging from 1.4 to 3.2.

I hope this information is helpful. Thank you again for your thoughtful question.

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**Editor’s note:** *Dr. Shifren was Chair of the Editorial Board that assisted the NAMS Board of Trustees in developing the Society’s testosterone position statement.*

## Reference

1. Davison S, Bell R, Donath S, et al. Androgen levels in adult females: changes with age, menopause, and oophorectomy. *J Clin Endocrinol Metab* 2005;90:3847-53.