

ANDROPAUSE:

FACT OR FICTION?????

References: The Andropause Mystery: Robert S. Tan M.D.

“The best male anti-aging tool the experts don’t want you to have” Jonathan V. Wright M.D.

**“ Andropause-Treating Male Menopause with Bioidentical Testosterone” copyright Dr. Micheal Serafin 2001
Pages 11,62,64,103,105,128**

There is really no mystery when asking the question of whether andropause actually occurs. It does! Unlike women who will lose her menses as her body goes through this cycle, men do not have any precursors to signal this change. In fact most people are probably unaware of what andropause really means, so we will start there.

Andropause is when there is a decreased level that may be accompanied by the decline of testicular function. This natural process begins at about the age of forty at a rate of 1% per year. Decreased testosterone levels may be seen in any age of men, although only about 15% will suffer from actual impotence. Just like women, when testosterone levels fall, other hormone levels will be affected, which may affect the how the man may be feeling.

A low testosterone level is just the beginning of the condition known as Andropause. There are many symptoms that will be associated with andropause, however, it is often misdiagnosed for several reasons. Low testosterone in males often has the same signs and symptoms as depression, so many men will be prescribed anti-depressants instead of testosterone. Another reason for misdiagnosis or lack of diagnosis is that most men do not go to the doctor on an annual basis, or are simply too embarrassed to be seen for their symptoms as most of the symptoms are associated with sexual function. Although sexual function is only one aspect of suffering from lower levels, most of the man's emotional, physical, and mental capabilities can be impacted. In this article we will attempt to list the major signs and symptoms of low testosterone and andropause, and how this may play a role in the man.

As it is well known that women have many tests that can monitor their menopausal state such as: mammography, annual pap, breast examines, and hormone replacement, men do not currently have testing other than blood levels of their testosterone to really follow in depth their andropausal cycle. After the age of 40 men will start to have some shrinking in their testes, and they may also notice that erections that once came very quickly now takes longer to achieve, and ejaculation may also be shorter in duration with less amounts of semen. All of this is quite normal for the aging male.

There are several habits that will affect men in this cycle, that your physician may warn you to discontinue or cut dramatically. As with every other health issue, smoking is absolutely the number one no no! Smoking increases the man's risk for cardiovascular disease, and naturally constricts blood vessels. This in turn, will affect a man's erection by not allowing an adequate blood flow into the penis to sustain an erection. A man that smokes ten cigarettes daily will bring on andropause starting at the age of 50 instead of 55 years of age. Smoking also increases his risk for prostate cancer, lung cancer, emphysema, and stroke.

In addition, alcohol and diet can affect males during andropause. Alcohol consumption should be limited and it is always beneficial to follow a heart healthy diet!

Some of the signs and symptoms of andropause are decreased libido, erectile dysfunction, ejaculatory disability, depression, increased belly fat, cardiovascular disease, memory loss, and bone loss, high blood pressure, high cholesterol, increased risk of diabetes, and a high body mass index (BMI). As women go through the “cycle” men too will “cycle” and may start to take on a more maternal role as they age, they may want to feel closer to family and friends.

Many of the symptoms could indicate a decrease in testosterone levels, which if left untreated may cause mental, emotional, and psychological detriment to you. It is always recommended that you seek medical treatment and advice if you feel that you may be suffering from any of these signs and symptoms.

The most important fact to remember about Andropause, is that it is treatable and medical help is available. Men no longer need to feel embarrassed about this issue. Ask your doctor about treatment options.

Remember, the Apothecary Shoppe Compounding Pharmacy is able to meet all of your compounding needs, including Testosterone products.

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