

Do You Have Low T?

Men make approximately 5 to 10mg of testosterone daily however; testosterone levels decline 1-1.5% per year after age thirty. By the time men reach the age of 60, their testosterone levels may only be 60% of the amount made during their 20's. The reduction of testosterone levels may be referred to as andropause or hypogonadism. The normal age related decline in testosterone levels (andropause) has associated symptoms that affect men's quality of life and puts them at greater risk of weight gain, heart disease, diabetes, bone loss, chronic inflammatory issues, neurodegenerative disorder, and in increased risk of prostate cancer.

TESTOSTERONE (ANDROGEN) DEFICIENCY	EXCESS ESTROGEN	WHAT TESTOSTERONE DOES FOR MEN
<ul style="list-style-type: none"> • Change in attitude and mood • Fatigue • Loss of sex drive and potency • Loss of physical agility • Loss of energy • Depression • Insomnia • Lack of motivation • Muscle loss • Depression • Decreased strength and physical performance • Central Obesity • Insulin Resistance • Erectile Dysfunction 	<p>May occur in aging men, with abdominal weight gain or from testosterone replacement therapy.</p> <ul style="list-style-type: none"> • Abdominal weight gain • Gynecomastia (growth of abnormally large breasts in males) • Low sex drive • Benign Prostatic Hypertrophy 	<ul style="list-style-type: none"> • Increases sexual interest • Increases sense of emotional well being • Helps reduce anxiety and depression • Increases muscle mass and strength • Helps maintain memory • Helps skin from sagging • Decreases excess body fat • Helps maintain bone strength • Increases bone mineral density • Increases HDL (good cholesterol) • Has anti-inflammatory activities • Reduces risk of heart disease • Reduces risk of death <p>Low Testosterone Associated – All Cause Mortality</p>
<p>ADAM Score (Androgen Deficiency in Aging Males)</p>	<p>EXCESS TESTOSTERONE</p>	<p>Age related decline in testosterone is associated with increased all cause mortality in aging men. A 2006 study on participants for an average follow up of 4.3 years found that low serum testosterone was associated with higher all cause mortality. A follow up study in 2007 on 11,606 men (age 40 - 70) for ten years again found that low endogenous testosterone levels were associated with significantly greater all-cause mortality, cardiovascular-related mortality and cancer related mortality. Men with the highest quartile testosterone levels were found to have 30% reduction in mortality compared to those in the lowest quartile.</p>
<p>Adam Score is used by physicians to quantify the severity of hypogonadism.</p> <ol style="list-style-type: none"> 1. Do you have a decrease in libido (sex drive)? 2. Do you have a lack of energy? 3. Do you have a decrease in strength and/or endurance? 4. Have you lost height? 5. Have you noticed a decreased "enjoyment of life" 6. Are you sad and/or grumpy? 7. Are your erections not as strong? 8. Have you noticed a recent deterioration in your ability to play sports? 9. Are you falling asleep after dinner? 10. Has there been a recent deterioration in your work performance? <p>Results: A positive questionnaire is defined as "yes" to questions 1 or 7 or any 3 others.</p> <p>Int J Impot Res. Jan 2010; 22(1): 20–24. The quantitative ADAM questionnaire: a new tool in quantifying the severity of hypogonadism.</p>	<p>Occurs from excess dosing.</p> <ul style="list-style-type: none"> • Overly aggressive behavior • Anger/ irritability • Testicular shrinkage • Acne / oily skin 	<p>Shores MM, Matsumoto Am, Sloan KL, et al. Low serum testosterone and mortality in male veterans. Arch Intern Med 2006;166:1660-5.</p> <p>Khaw KT, Dowsett M, Folked E, et. al. Endogenous testosterone and mortality due to all causes, cardiovascular disease, and cancer in men: European Prospective Investigation into Cancer in Norfolk (EPIC-Norfolk) Prospective Population Study. Circulation 2007, Dec. 4:116(22):2694-2701.</p>