



NSIPM & Sano Wellness Center

Andropause & Testosterone in Men

Andropause

Overview

- Although not conventionally accepted, the idea of andropause – a midlife change marked by hormonal and other physical, psychological and emotional changes – is gaining popular support.
- Unlike female menopause, there are no clear signposts to mark any exact timing of “male menopause.”

Possible Signs and Symptoms of Male Menopause

- Reduced libido
- Difficulty achieving or sustaining an erection
- Ejaculatory problems
- Infertility
- Disturbed sleep
- Depression
- Heart disease and atherosclerosis
- Osteoporosis
- Prostate enlargement and cancer
- Muscle weakness, loss of muscle tone
- Fatigue
- Irritability
- Thinning skin
- Slow wound healing
- Poor concentration / memory lapses

As with women, this is not a pre-set destiny. Hormonal imbalances in both women and men arises from various causes, especially:

- Poor nutrition
- Imbalanced lifestyles
- Excessive stress – physical, psychological, and emotional
- Environmental and other toxins
- Difficulty with making life-changes and transitions

Natural Testosterone Therapy

1. There is considerable confusion surrounding steroids and testosterone replacement.
2. Most of this stems from experience with drug versions of steroids, “anabolic steroids,” and synthetic testosterone, all of which cause significant side effects.
3. Natural testosterone, like natural female hormones, is readily available, yet synthetics are still primarily prescribed. There are no side effects to physiologic doses of natural testosterone.

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Testosterone in Men

Definition

Testosterone is the main male androgen hormone and is produced in the testes. Testosterone is a steroid hormone that is anabolic, or body building in function.

Known Functions

- Enhanced libido
- Needed to achieve and sustain erections
- Protects against heart disease and stroke
- Increases and enhances energy and stamina
- Builds strong bones
- Builds strong muscles
- Maintains muscle tone
- Assists in balance and coordination
- Protects against depression
- Normalizes weight
- Protects against age-related mental decline
- Helps maintain a healthy cholesterol balance
- Although this is controversial, some believe testosterone protects against prostate problems and cancer.