



*“Welcome to adulthood,  
May I **TAKE** your  
**TESTOSTERONE?**”*

# Andropause

If you're male and over 35, you almost definitely have less testosterone than you used to. But you probably think that everything related to testosterone is working, so why worry?

Perhaps you should take a closer look at how you are feeling – especially if you have any of the following symptoms:

## Symptoms

- decreased libido
- decreased strength
- loss of muscle mass
- lack of energy
- loss of sense of well being, depression
- falling asleep after dinner

## ANDROPAUSE

### Diagnosis

Have blood tests ordered by your physician at certain times during the day.

### Treatment

**TREATMENT** can consist of medication taken as an injection, gel, or patch, or sublingually under the tongue. Blood tests are needed to monitor hormone levels. This is generally reserved only for men diagnosed with enough deficiency to cause problems. It is not an anti aging miracle treatment for men with normal testosterone levels.



## TESTOSTERONE THERAPY

### Pros

- Improves muscle mass
- Improves bone strength
- Decrease levels of LDL, the lousy cholesterol, therefore cardio protective
- Improve insulin sensitivity

### Cons

- There is the thought that testosterone therapy increases the risk of prostate cancer, although this has not yet been clinically proven. Treatment may increase risk of heart disease.

### Tip of the day:

So if you are losing your testosterone after the age of 35, it is time to start with an exercise program that includes strength training to increase muscle mass and decrease osteoporosis.

## Andropause

### **Saint Louis University ADAM screening questionnaire.**

---

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 less 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?

---

A positive questionnaire result is defined as a "yes" to questions 1 or 7 or any three other questions. This can be used to identify men with a high likelihood of androgen deficiency.

