TREND TALK

Have You Heard About Andropause?

Did you know that men over the age of 50 experience a decrease in testosterone called andropause [sometimes called male menopause]?

Testosterone plays an important part in reproduction and regulating other functions in the body like:

- Building muscle bulk and strength
- Distributing fat
- Producing sperm
- Maintaining a healthy bone density
- Promoting the growth of body and facial hair
- Generating and maintaining a healthy red blood cell count
- Sex drive

Symptoms of decreased testosterone levels in older men include mood swings and irritability, loss of muscle mass, fat distribution such as a large belly and/or breasts, lack of energy or enthusiasm, difficulty sleeping, erectile dysfunction, and poor concentration. You can combat the effects of andropause by adjusting lifestyle habits such as good nutrition, exercise, getting enough sleep, reducing stress, and speaking openly with your physician about any symptoms you may be experiencing.

Lifestyle Modifications

Diet

Eat a balanced diet with plenty of lean protein, fiber, fruits, and vegetables, limit saturated fats, sugar, and alcohol.

Exercise

Engage in regular physical activity, focusing on strength training exercises to maintain muscle mass.

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Sleep Hygiene

Prioritize quality sleep to support hormone regulation.

Stress Management

Practice relaxation techniques like meditation or yoga to manage stress levels.

Talk to Your Doctor

Openly discuss any symptoms you are experiencing with your doctor to determine if they are related to andropause and to explore potential treatment options.

Consider Testosterone Replacement Therapy (TRT)

If lifestyle changes alone are not enough, your doctor may discuss testosterone replacement therapy options like gels, patches, injections, or oral medications.

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