

Male Menopause... Truth or Myth?

by **ROBERT G. PUGACH, MD**



Do you think low hormone levels are just a "female" phase in life? Not true! As a practicing urologist for more than 25 years, I have seen how declining hormone levels - specifically testosterone - can have a significant effect on a man's life. The term for a man's declining hormones is andropause. Like menopausal symptoms in women, the symptoms of andropause include, decreased sex drive, impaired sexual function, weight gain, memory loss, decreased muscle mass and bone density, mood swings, sleeplessness, tiredness and hair loss.

New research shows that the effects of low testosterone (Low T) have many other significant unhealthy consequences. Low T can increase the likelihood of the development of diabetes, cardiovascular disease, congestive heart failure and osteoporosis. It has also been linked to arthritis symptoms.

Men's testosterone levels begin declining at around age 30, with continuing loss each year of 2% to 3%. For example a young man in his 20's typically has testosterone levels of about 800 nanograms per deciliter of blood but, by the age of 60 the level can be as low as 400.

Unfortunately, I find that many men are reluctant and embarrassed to talk about the symptoms of andropause which can cause major disruptions in their quality of life. The good news is that men can reverse many of the andropause symptoms with a simple hormone panel blood test and proper treatment.

I encourage my male patients to talk openly to me about their symptoms, including loss of libido, erectile dysfunction (ED), trouble sleeping, and other symptoms as previously mentioned. With the large number of baby boomers who want to retain their vitality and sexuality, I've created a new service at Pacific Coast Urology Medical Center - The Male Health and Hormone Center.

In the Center we provide services for two of the most common symptoms of andropause including:

- **Erectile Dysfunction (ED, impotence)**
- **Low T (testosterone)**

We also recommend Nutritional and Lifestyle Assessment and Health Planning. It begins with a simple office consultation. If Low T is diagnosed, there are many treatment options including gels, creams, injections and the new testosterone pellets. During treatment, monitoring of testosterone levels is done because there can be negative health consequences from too much testosterone.

Pacific Coast Urology Medical Center (PCUMC), founded in 1988, continues its leadership in minimally invasive urology services for men and women. To schedule a consultation, call 888-735-4336 or visit: www.PacificCoastUrology.com

