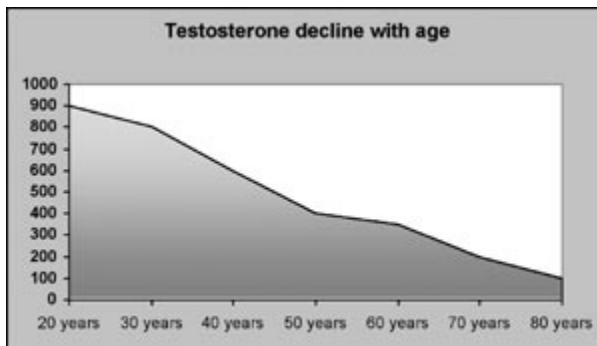


For Men

ANDROPAUSE the male menopause “you can’t help getting older, but you don’t have to get old.” Wise words by comedian George Burns.

Take Charge

Andropause, the male menopause, is the result of a gradual drop in testosterone. Symptoms manifest themselves in a number of ways including physical, emotional, psychological and behavioral changes. Frequently men notice a gradual loss of energy, loss of muscle, loss of mental focus, increased fat, decreased stamina, loss of libido, and sexual dysfunction. Although a decline in hormone levels will occur in virtually all men with age, there is no way of predicting who will experience andropause symptoms of sufficient severity to seek medical help. According to the US Census Bureau, approximately 4-5 million men have low testosterone levels of which only 5-10% of these men will seek treatment.



A recent World Health Organization (WHO) report stated “male androgens progressively decline with age.” In this study it was found that the testosterone level of the men 70 years old was only 10% of that of the men 25 years of age. By the time men are between the ages of 40 and 55, they can experience signs similar to female menopause. Known as andropause, its symptoms include changes in body mass, resulting in less muscle and more fat, changes in attitudes and moods, fatigue, a loss of energy, sex drive and physical agility.

Men’s symptoms of andropause include:

- **Loss of energy**
- **Loss of muscle mass**
- **Increase in body fat**
- **Loss of libido**
- **Loss of mental focus**
- **Anxiety and depression**
- **Erectile Dysfunction**

The symptoms of andropause are also driven by your level of stress, quality of nutrition, amount of exercise and the environmental toxins you are exposed to on a daily basis.

Your physician-supervised program uses only bio-identical hormones, hormones which are identical to the body’s own chemistry, integrated with nutrition and fitness. The physician will provide a natural treatment that helps men suffering the symptoms of andropause and live the best life possible.

Exams and Tests for Men

To determine your hormonal needs, the physician will thoroughly evaluate your symptoms and order saliva/urine/blood tests to determine what your unique hormonal needs are. After starting therapy they will always reevaluate your hormone levels to insure that they are maintained within optimum balance.

A few of the initial hormones tested generally include:

Testicular Hormones - What makes you a man

- Testosterone - The total amount in your system, including how much is actively available to your body
- Estrogen - To make sure it's not too high
- PSA - Prostate specific antigens – your prostate health

Adrenal Hormones - Your immune system, your energy level, and your ability to handle stress

- Cortisol – the stress hormone
- DHEA – the “mother of all hormones”

Thyroid Hormones - Your metabolism

- TSH – Thyroid Stimulating Hormone
- FT3 – The active thyroid hormone
- FT4 – The inactive thyroid hormone

Growth Hormone (hGH)

- Growth Hormone

Other Hormone Tests - The physician may suggest other tests for you

In addition, your physician may recommend cholesterol testing, cardiac risk factors, and metabolic profiles. They may also recommend bone density testing as well as body compositions for your body fat percent and lean body mass. This will help them set your base line and gauge your progress in your treatment.

Treating Hormonal Imbalance and Andropause

In treating a man with a hormonal imbalance, the physician will replace exactly what is missing, or low, with the body's appropriate bio-identical hormones. The physician will prescribe the hormones in the fashion that exactly match each man's prior hormonal needs. Testosterone can be replaced in multiple ways whether that be by use of injection, creams, gels, pellets or taken orally. The physician will follow up with every patient closely, evaluating symptoms and using laboratory tests to determine each patient's customized dose. The physician will order only the finest and most reputable compounding pharmacies to obtain the exact combination of hormones required to achieve hormonal balance.