

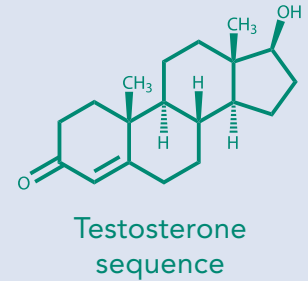
MALE MENOPAUSE MYTH VS. FACT

MYTH: Male menopause is real.

FACT: No, it's not real. The term "menopause" only pertains to the female condition when the ability to reproduce is halted.

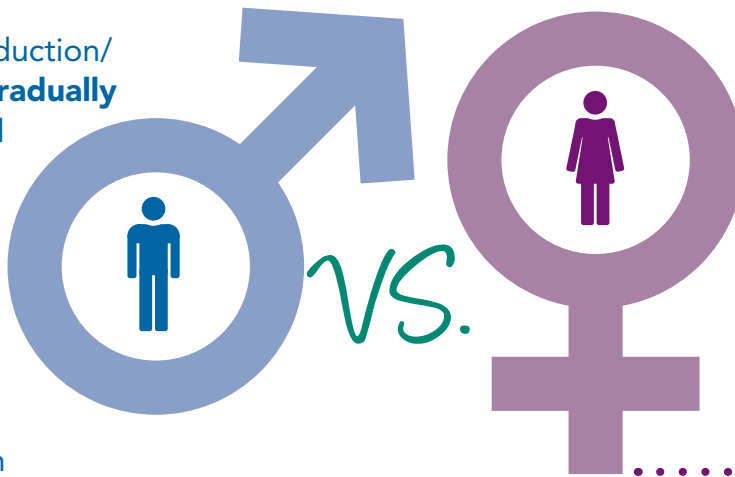
Testosterone is the male sex hormone that is needed for growth of body hair, building strong bones and muscles, and producing sperm. As men age, testosterone levels (T-levels) can decline because of medication, illness, injury or lifestyle factors. This drop in testosterone is inaccurately classified as "male menopause," when in fact, should simply be considered a symptom of male aging, more clinically referred to as testosterone deficiency syndrome, androgen deficiency of the aging male, and late-onset hypogonadism.

Visit hormone.org for more information.



MALE AGING FACTS

- Testosterone production/ levels decrease **gradually** beginning around age 30
- Sperm production **does not stop**
- **Not all men** experience low testosterone and sperm production



FEMALE MENOPAUSE FACTS

- Estrogen (female sex hormone) production drops **rapidly** beginning around age 40
- Egg production **stops completely**
- **All women** experience low estrogen and egg production
- *To learn more about female menopause, visit menopausemap.org*

CAUSES OF LOW TESTOSTERONE

- Certain medications
- Hormone disorders
- Radiation/chemotherapy treatment
- Testicular injury
- Genetic condition
- Chronic illness (depression, diabetes, liver/ kidney disease, obesity, HIV/AIDS)



HOW IS LOW TESTOSTERONE DIAGNOSED?

- Physical exam by health care provider
- Tests to rule out other health problems
- Blood tests to check T-level. If T-level is low, you may be referred to an endocrinologist.



POSSIBLE SYMPTOMS OF LOW TESTOSTERONE

Not all men experience these symptoms. However, ones who do, encounter them for no apparent reason other than age, usually advanced age.



PRESCRIPTION TREATMENT OPTIONS

Long-term benefits and risks are unknown



Patches/topical gels



Shots/injections



Tablets between cheeks and gums

You've seen the ads for over-the-counter supplements to help men with "low-T" (low testosterone), but do you really need them? **No.** There are ways for aging men to help **naturally maintain** health:

- Eat a healthy diet and maintain a healthy weight
- Get plenty of exercise
- Get enough sleep
- Find healthy ways to cope with stress



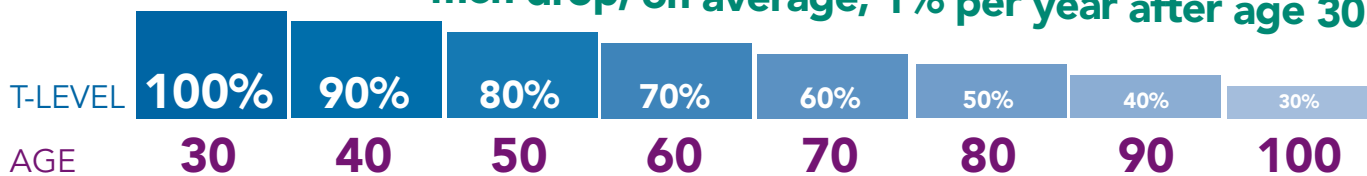
These lifestyle factors have not been shown to maintain T-levels.

Long-term use of testosterone treatment can cause:

- high red blood cell count
- acne
- breast enlargement
- sleep apnea (rare)
- fluid buildup in ankles, feet, and legs (rare)



Testosterone levels in men drop, on average, 1% per year after age 30.



You have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at hormone.org.

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