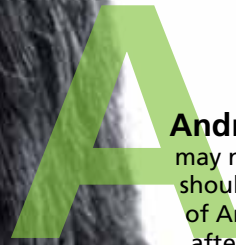


andropause



Andropause (aka male menopause) may not be a common discussion topic, but it should be. All men experience the symptoms of Andropause to some extent, especially after the age of 40. So what is andropause, and why should you ask your doctor about it?

What is Andropause?

Andropause is caused by low testosterone levels in men. Testosterone levels reach a peak when men are around 15 to 18 years old, and then begin to decline after age 25 - 27. Around the age of 35, most men notice the symptoms of andropause to some extent.

Although andropause is caused by the natural decline of hormone levels in men, factors such as obesity, cancer, heart and lung diseases, certain medications, stress, and depression may accelerate the onset of andropause. Good news though, exercising regularly, limiting alcohol, and following an optimal diet can help you better manage the symptoms of andropause. Also, make sure to get your testosterone levels checked by your doctor on an annual basis. Many men are diagnosed with depression without having their testosterone levels checked to see if they have andropause.

What Are The Top Symptoms Of Andropause?

Andropause affects men in less noticeable ways. In the past, people have attributed male menopause symptoms to the mid-life crisis, depression, or aging, but low testosterone levels can affect a man's mood, his sense of well-being and the way men feel about themselves on a daily basis. The symptoms of andropause vary from man to man, and many of the symptoms may go unnoticed for years.

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The Un-Discussed Side Of Men's Health

To Help You Identify Andropause, The Most Common Symptoms Of Andropause Are Listed Below:

Symptoms of Andropause:

- Body Fat Gain, Particularly Abdominal Weight Gain
- Decrease Sex Drive And Inability To Achieve Or Maintain An Erection
- Reduced Motivation (*Depression*)
- Nervousness, Anxiety, and Irritability
- Poor Sleep Quality Or Insomnia

Fortunately, andropause treatment is available. Your doctor can test your testosterone levels and provide testosterone treatment through male hormone replacement therapy.

Male hormone therapy is effective at alleviating the symptoms of andropause. Male hormone treatment can improve a man's sense of well-being and increase male sex drive and sexual function, muscle mass, strength and overall body composition. Male hormone therapy also reduces mood fluctuations, irritability, and depression. It has been shown to reduce the risk of developing certain medical conditions such as high blood pressure, diabetes, heart disease, and arthritis. Therapy can also prevent osteoporosis, optimize bone density, and improve mental acuity.

Male hormone replacement therapy is a safe treatment for low testosterone levels. It has been used for over 60 years, and the most recent research confirms, it is a safe and effective treatment if done correctly. Before receiving treatment, you must have a physical exam and a consultation with a qualified physician, such as the experts at Rejuvenation, based in Peoria and Bloomington, IL. Blood tests will be ordered to measure hormone levels. Also a PSA (*prostate-specific antigen*) blood test to check the health of the prostate. These pre-cautionary procedures help ensure proper, safe treatment.

The primary hormones used to treat andropause are testosterone, thyroid, human growth hormone or GHRH, DHEA (*which helps with immune function, increasing energy levels, and reducing depression*).

Testosterone:

Testosterone is responsible for the normal growth and development of sex organs and normal levels of testosterone contribute to energy, sexual function, mood, and libido.

HCG – Human Chronic Gonadotropin – A effective way to increase natural testosterone production.

Thyroid:

Thyroid is a systemic hormone having a significant impact on overall health including metabolism, energy, well being, hair loss, immune system, memory, heart health, to name only a few.

Human Growth Hormone:

Human Growth Hormone (HGH) controls muscle and bone growth. It also lowers the amount of fat in the body. HGH is also known for its anti aging properties and its ability to increase calcium retention, protein synthesis, and muscle mass.

DHEA:

DHEA is secreted by the adrenal gland and several studies suggest that DHEA has many therapeutic properties. Principle among those are:

1. Support To The Immune System Helping To Prevent Everything From The Common Cold To Cancer
2. A Balance To Cortisol Secreted By The Body Under Stress and Highly Destructive To Body Cell When Present In Excess.



Seeking Help for Andropause and Male Menopause:

It is estimated that four out of five American men over the age of 40 have low testosterone, and 99% men over the age of 60 have low testosterone. However, only 5% are currently being treated. Testosterone is responsible for the muscle development and contributes to energy, mood, and libido. Fortunately, testosterone deficiency can easily be treated.

Testosterone replacement can dramatically change how you feel on a daily basis. It can improve energy and mood, reduce depression and irritability, and help you maintain your muscle strength, increase libido, and reduce belly fat tissue. If you suspect you have andropause, or are beginning to notice andropause symptoms, talk to your doctor about getting your testosterone levels checked.

For more information on treating Male Andropause contact Rejuvenation at 309.693.3150 or go to www.rejuvenation.net.



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