

ANDROPAUSE

Hormone Balance for Men

Andropause is a gradual, progressive decline of free and total testosterone in men that occurs over a period of years resulting in physiological and psychological changes which may vary from mild to severe. Symptoms can be caused by low testosterone, high estrogen or a combination of both.

Low testosterone levels are associated with rapid aging, heart disease, diabetes, arthritis, auto-immune diseases, pain, Alzheimer's disease, and Parkinson's disease.

Low testosterone levels can be seen as early as the mid-thirties in men.

Symptoms & Signs of declining testosterone levels may include:

- Muscular weakness, loss of lean body mass
- Increased fat in the abdominal/chest area, weight gain
- Decreased body hair, wrinkles, sagging skin
- Mental and physical fatigue, lethargy
- Decline in physical performance and endurance
- Depression, memory loss, insomnia
- Decreased concentration, lack of ambition, lack of motivation
- Increased joint pain, muscle stiffness, decreased coordination
- Decreased libido, erectile dysfunction, impotence
- Increased blood sugar, elevated cholesterol



The mainstay of treatment for Andropause is testosterone supplementation. Several treatment options are available. Testosterone supplementation can be administered in the form of a topical gel applied to the skin, sublingual lozenges, IM injection, or subdermal pellet implants. The **pellets** are the **most effective** form of testosterone therapy available.

Testosterone replacement can prevent and reverse disease progression.

For information on testing and hormone therapy contact:

Sleep & Wellness Medical Associates
3836 Quakerbridge Road, Suite 206
Hamilton, NJ 08619
609-587-9944
www.sleep-wellness.org