

HEALTH

& NUTRITION

A MAGNA PUBLICATION SEPTEMBER 2015 ₹ 100

www.magnamags.com

Newspaper Copy

INDIA'S FOREMOST HEALTH MAGAZINE

With Latest Updates From Top International Journals

His Health

Menopause is no more restricted to women. Men also suffer from it – and it's called male menopause or andropause. The only difference is that unlike menopause, there is no age of onset, and there is no objective evidence of andropause, like the cessation of menstruation in women. Doesn't this really compound problems for men? As their spouses expect them to understand their menopausal problems, without having even the slightest hint of the andropausal issues they going through.

Understanding

ANDROPAUSE

Male menopause is not a myth. Learn to manage it before it controls you.

What Exactly Is Andropause?

Andropause symptoms due to declining hormone levels are common in men as they age. The modern lifestyle of high stress levels and poor fitness and nutrition habits paired with an increased life expectancy have a substantial effect on the male body. With the hormone-producing glands being forced to work harder and longer, it is no wonder that hormones become imbalanced over time.

- ▶ It begins when the androgens (testosterone) fall, the growth hormone decreases, the estrogens (female hormones) start rising, and a journey from 'Adam' to 'Madam' or 'Steve' or 'Eve' starts.
- ▶ Putting on weight/ fat in those womanly areas (breast, lower abdomen, thighs) begins.
- ▶ The libido goes down, and sexual dysfunction occurs in the form of erectile dysfunction/ insufficient ejaculate.
- ▶ There is a decrease in exercise endurance and overall muscle tone.
- ▶ Mood swings develop, and there is also an inappropriate response to stress.

Causes

Other diseases like heart ailment, stroke, diabetes/ insulin resistance, metabolic syndrome, atherosclerosis, arthritis, osteoporosis, easy bone fractures, hypertension



are all directly or indirectly related to testosterone (androgen) deficiency in men.

However, some of the causes of andropause are:

- ▶ Aging.
- ▶ Chronic stress (emotional, physical, financial, social etc).
- ▶ Diseases of the hypothalamus, pituitary, - testes.
- ▶ Sleep disorders.
- ▶ High prolactin levels.
- ▶ Chronic alcoholism.
- ▶ Side-effect of medications.
- ▶ Obesity.
- ▶ Very heavy exercise.
- ▶ Trauma.
- ▶ Very tight clothing.
- ▶ Low calorie high fibre diets.
- ▶ Long-term abstinence from sexual activity.

Andropause begins when the androgens (testosterone) fall, the growth hormone decreases, the estrogens (female hormones) start rising, and a journey from 'Adam' to 'Madam' or 'Steve' to 'Eve' starts.



The symptoms of andropause can be divided in three categories:

A. PHYSICAL SYMPTOMS:

- ▶ Decreased vigour
- ▶ Increased fatigue
- ▶ Poor exercise tolerance
- ▶ Diminished strength and muscle mass
- ▶ Decreased bone mineral density
- ▶ Decreased body hair

B. SEXUAL SYMPTOMS:

- ▶ Decreased libido
- ▶ Decreased sexual activity
- ▶ Limited quality of orgasm
- ▶ Reduced ejaculate strength and volume
- ▶ Premature ejaculation

C. PSYCHOLOGICAL SYMPTOMS:

- ▶ Mood changes
- ▶ Decreased concentration
- ▶ Loss of motivation
- ▶ Memory impairment
- ▶ Anxiety
- ▶ Depression
- ▶ Irritability
- ▶ Insomnia
- ▶ General reduction in intellectual activity

Healthy lifestyle choices will help you maintain your strength, energy and lean muscle mass.

Treatment

Just like a hormone replacement therapy is advised for women, a supervised androgen (testosterone) replacement therapy in men leads to a well balanced endocrine system and produces an increased sense of wellbeing and a better quality of life.

However, androgen replacement therapy should be instituted only if the symptoms, clinical features and laboratory parameters are consistent with androgen deficiency.

Management

Although your doctor will help you decide if testosterone treatment is right in your situation, lifestyle changes such as increased exercise, stress reduction, and good nutrition also help.

- ▶ Work with your doctor to identify and treat any health issues that might be causing or contributing to

your signs and symptoms — from medication side effects to erectile dysfunction and other sexual issues.

- ▶ Eat a healthy diet and include physical activity in your daily routine. Healthy lifestyle choices will help you maintain your strength, energy and lean muscle mass. Regular physical activity can even improve your mood and promote better sleep.
- ▶ Depression in men doesn't always mean having the blues. Depression can cause men to suppress their feelings and become more aggressive or irritable. Men also might try to self-medicate by abusing alcohol or other substances. Find ways to manage depression. 

DR DEEPAK CHATURVEDI

Physician Endocrinologist, Diabetologist, Antiaging Specialist & Obesity Consultant, AMAAYA Clinic & Anjana Multispecialty Clinic, Mumbai.