

“Regain Your Enthusiasm” Symptoms and Treatment of Andropause

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Definition

- Andropause, male menopause, mandropause, manopause
- Decline in serum concentration of testosterone with aging and resultant effects on various aspects of male health
- Derived from “androgen”
- Unlike female menopause the decline is not absolute and is gradual

Andropause

Getting Old is Natural. Feeling Old is Optional.

About Andropause

Diagnosis

Treatment Options

About Andriol

Talking to Your Doctor

FAQs

Patient Resources

Do I Have Andropause?

Diagnosis

Andropause is often underdiagnosed because symptoms can be vague and can vary a lot among individuals. Some men find it difficult to admit that there's even a problem. And often physicians didn't always think of low-testosterone levels as a possible culprit.

So these factors often lead doctors to conclude that symptoms were related to other medical conditions (i.e. depression) or were simply related to ageing and often encouraged their patients to accept that "they were no longer spring chickens".

But this situation is changing. New blood testing methods are available and there is increased interest in mens' ageing among medical researchers. In fact, so much attention is being focused on andropause that major efforts are underway to quickly share emerging scientific information with physicians worldwide.

[Next Section >>](#)

Do I Have Andropause?
Take our Quiz to find out...

"The secret to staying young is to live honestly, eat slowly, and lie about your age."
Lucille Ball

"Age is a question of mind over matter. If you don't mind, it doesn't matter."
Satchel Paige

"You're never too old to become younger."
Mae West

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REQUEST A FREE CONSULT
SPEAK WITH reNEW MAN

What to Expect from the Program

Costs of Andropause Treatment

Speak to reNEW MAN
Speak to reNEW MAN

Questions about male hormone therapy?
Want to learn about the reNEW MAN program?
We want to hear from you.

First Name:

Last Name:

Telephone:

Email:

Zip Code:

Career:

Comments/Questions:

Human Verification:
2 + 2 =

SUBMIT

Gentlemen - Restart your engines!



Andropause Treatment for Low Male Hormone Symptoms

reNEW MAN is the first program in the country to treat male hormones. We have been in business for 11 years. reNEW MAN focuses on helping men ages 35 and older, reverse andropause and low hormone symptoms. reNEW MAN is the only program with a national network of trained physicians that can 1) test, 2) diagnose and 3) create a safe individualized treatment program.

WHY MEN ARE CHOOSING reNEW MAN

- CAREER - reclaim energy and career passion to compete and maximize income
- FAMILY LIFE - increase energy and enthusiasm to spend meaningful time with family
- LOVE LIFE - maintain energy and passion to enjoy their partner at night

SYMPTOMS OF ANDROPAUSE, MALE MENOPAUSE - LOW MALE HORMONE LEVELS

The condition of male menopause (ANDROPAUSE) is caused by a decline in male hormones. These hormones are testosterone, thyroid, human growth hormone (HGH) and DHEA. Male hormones start to decline in the mid-30s and effects can usually be felt by age 35. Every man will become andropausal, i.e. no one escapes it. Andropause symptoms can be easily corrected by replacing lost hormones. Your doctor in consultation with you will determine if, and the extent of need for male hormone treatment. Yes it is safe.

DID YOU KNOW: 4 out of 5 men ages 40 have low hormone symptoms.

ANDROPAUSE - SELF DETECTION

Many of the below andropause symptoms are commonly associated with declining male hormones and are often misdiagnosed and treated as individual symptoms e.g. depression is often treated by doctors with an anti-depressant rather than as an issue of low testosterone. Decreases in testosterone (low T levels) and other male hormone levels play an intricate role in these symptoms and are magnified with age. If you have all or some of these symptoms, you may be andropausal.

- Decreased energy
- Decreased mental quickness



Clinical Scenario

68 year old retired dentist presents for physical examination. He feels well but wants to talk about his overall state of well being and sexual function. He consumes 1-2 glasses of wine daily and exercises occasionally. He has noticed a decline in muscle strength, particularly when playing golf. He is in a long term marriage but has noted some loss of libido and mild sexual dysfunction. His wife says he is more irritable lately and he admits to feeling more fatigued than usual.

Clinical Scenario

Past Medical History—Hypertension, Arthritis

Medication— Diuretic, Ibuprofen

Physical Examination—unremarkable except for mildly overweight and slightly enlarged prostate that feels benign.

Clinical Scenario

- Initial laboratory tests are normal—blood count, chemistries, cholesterol, urinalysis, EKG
- Concerns about muscle mass, self image, irritability
- Has read about andropause-- ? Testosterone replacement
- Discussion about aging versus disease
- Testosterone level—292 (Normal 241-827)

Decision Making

- First contact
- Separate myth versus reality
 1. Hormonal Fountain of Youth?
 2. Mental acuity, work performance, sports ability, happiness?
- Rule out medical causes of complaints
 1. Other medical conditions, medications, depression
 2. Causes of low testosterone levels
 3. Look at the big picture

Decision Making

- Consider testosterone replacement
 1. Evidence based medicine
 2. First do no harm
 3. Don't be the first or the last for new Rx
 4. Standard of Care
 5. Regulated substance/ abuse potential
- Discuss referral to specialist—urologist or endocrinologist

Clinical Scenario

- Repeat testing revealed similar results, other causes ruled out
- Referral to urologist
- Final outcome—no testosterone replacement given
- Currently doing better after diet and exercise



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