

Andropause – Men's Health

Andropause, simply stated, is the male equivalent of menopause.

Some men actually go through a sudden change in testosterone levels. These correlate to the hormonal changes experienced by women during menopause. Most men however, have a more subtle hormonal decline.

Andropause has a wide variety of symptoms:

- Reduced libido
- Depression and Anxiety
- Erectile Dysfunction (ED)
- Heart Disease
- Osteoporosis
- Atherosclerosis
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ANDROPAUSE QUESTIONNAIRE

ADAM (Androgen Deficiency in the Aging Male) Questionnaire:

1. Have you noticed a decrease in your sex drive?
2. Do you have less energy than you used to?
3. Have you noticed a decrease in your strength and/or endurance?
4. Have you lost height?
5. Do you seem to have less enjoyment of life?
6. Are you sad and/or grumpy?
7. Are your erections less strong?
8. Have you noticed that your ability to play in sports is decreased?
9. Do you fall asleep soon after dinner?
10. Is your performance at work decreased?

Men answering YES to problems 1, 7, or a combination any 4 or more might be candidates for testosterone replacement therapy. This symptom score is only a rough set of guidelines and is not absolute. A qualified healthcare practitioner should be consulted for further information.