

## Testosterone Replacement In Aging Men May Improve Vitality, Libido, Cognition, Cholesterol, Cardiovascular & Prostate Health.

As men grow older, levels of free testosterone decrease and estrogen levels increase. In fact, the average 60-year-old male has more circulating estrogen in his blood stream than the average 60-year-old female! As if the decline in testosterone weren't problematic enough, new research has shown that even small increases in estrogen may have detrimental effects on men's cardiovascular health.

This age-related decline in free testosterone levels (commonly referred to as "Andropause") may result in diminishing energy, reduced libido, decreasing muscle mass, abdominal weight gain, depression, reduced cognitive function, and an increased risk of Heart Disease.

Advances in understanding the function of hormones and the role of hormone replacement has made it possible to manage many of the negative side-effects associated with age-related hormone decline. One therapy that has gained popularity in recent years is biologically identical testosterone replacement therapy (TRT) for men.

TRT in men has been shown to enhance libido, decrease heart disease risk, increase lean body mass, and prevent osteoporosis. Maintaining testosterone levels may also lower total cholesterol and LDL, and decrease insulin resistance. Additional research has shown a beneficial impact on cellular energy production, brain function, and oxygenation.

Testosterone therapy for men is based on personal hormone test results to determine the testosterone dosage that fits the needs of the person. No two people are alike, and hormone needs differ from person to person. There are many commercial products available that promise to help overcome the negative effects of a testosterone decline (such as loss of libido). However, TRT actually helps address the cause of the problem...not just the side-effects, while offering a combination of additional long-term health benefits.

Biologically identical testosterone therapies include injections, topical gels, sublingual tablets (dissolved under the tongue), and pellets. Injections are usually administered every two weeks. Topical gels are applied once per day and sublingual tablets are taken twice per day. Pellets are inserted by the doctor and release a steady amount of testosterone over three to six months.

As with any prescription medication, the pros and cons of hormone replacement therapy must be discussed with a knowledgeable healthcare provider.

For additional information on testosterone replacement (including research), to request a practitioner referral, or to take a hormone self-assessment, visit [www.collegepharmacy.com](http://www.collegepharmacy.com) and browse the Men's Health section. You may also call **College Pharmacy's Hormone Hotline at (719) 262-0022 ext. 192** to request information or schedule a Hormone Consult.

## Frequently Asked Questions: Andropause, Libido, Hormones

### What is andropause or male menopause?

Similar to menopause in women, andropause arrives in a man's life when there is a drastic drop in hormone levels. When levels of testosterone fall, the condition is called hypogonadism (hypo=low, gonad=testis). Although total testosterone may not drop drastically, free testosterone, or the active form of testosterone, drops significantly with age.

### What are some of the symptoms of andropause?

#### Symptoms may include:

Fatigue	Loss of Muscle Mass
Abdominal Weight Gain	Low Libido
Insomnia	Reduced Overall Sexual Function
Migraines	Difficulty Achieving/Maintaining an Erection
Cholesterol	Mood Swings & Depression
Arthritis	Decreased Strength & Endurance
Osteoporosis	Aches & Pains

### What can I do?

Hormone replacement therapy may help reverse some of the negative effects of low testosterone. Biologically identical testosterone is the same molecular structure and might produce the same effects as the free form of testosterone produced by the testes.

### What are Biologically Identical Hormones?

Biologically identical testosterone is derived from soybeans. It has the same molecular structure and may help produce the same effects as the free form of testosterone produced by the testes.

### Are there any side effects?

Before testosterone replacement is initiated, your healthcare practitioner should order a PSA (prostate specific antigen) test, DHT (dihydrotestosterone) test, and Estradiol level test. All drugs taken in non-physiological doses have the potential to present adverse side effects. Talk to your healthcare practitioner or pharmacist for more information.

### How are Biologically Identical Hormones administered?

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### How do I find a doctor who will prescribe Biologically Identical Hormones?

Please CONTACT US at College Pharmacy. We will be happy to provide you with a practitioner referral and answer any questions you may have! Call **College Pharmacy's Hormone Hotline at (719) 262-0022 ext. 192** to request information or schedule a Hormone Consult.