

## **ANDROPAUSE FACT SHEET**

Andropause is that time in a man's life when physical and emotional changes occur, often affecting their mental health and wellbeing. This normally starts in the mid-40s early 50s. This can be a very challenging time, as men find it difficult to talk about their bodies. Research shows that 60% of men will not visit their GP, the two main reasons being,

- 1) They are embarrassed to discuss personal matters with anyone.
- 2) They have a fear of finding something seriously wrong.

The main differences between men and women are hormone production **suddenly** stops completely in **all** women. The hormone testosterone declines in a much **slower** process in **Some** men. This means that a healthy man can continue to produce sperm into their 80s or older.

Dr Robert Tan, who is a physician and medical director specialising in ageing men's health issues including andropause. He is also the pioneer in testosterone Replacement Therapy (TRT). His clinical study showed the following symptoms as Andropause.

- Hair loss
- Shrinkage of the testicles
- Decreased libido
- Erectile dysfunction
- Exhaustion
- Depression
- Decrease in muscle mass
- Decrease in bone density
- Oligospermia (low sperm count)

Also, heart palpitations, these are due to the decrease of the testosterone level. This is very normal for men struggling with andropause.

**MEN ARE STRONGLY ADVISED TO SEE THE GP IF THEY ARE STRUGGLING WITH ONE OR MORE OF THE ABOVE SYMPTOMS, AS THEY ARE THE SAME SYMPTOMS AS DIABETES.**

One solution to the Andropause is Testosterone Replacement Therapy (TRT). This therapy is effective for relieving symptoms as it restores sex drive, health, potency, as well as a sense of renewed vitality, only when given at the correct dose. This can be used in various ways, injection, tablet, patches, gels, or implants.

Another way to help a man's symptoms would be self-help. Exercise, stop smoking, limit alcohol intake, relax, and eat a healthy diet.

**A good diet** according to diet nutrition Clinic Be and Nutrition in Andropause Neolife, could help improve testosterone production, so try and include the following.

**Calcium** – Helps with bone density and osteoporosis – low fat dairy, milk, yogurt, cheese, nuts, and green leafy vegetables

**Zinc** – is the proper functioning of the reproductive organ and balance of certain hormones such as testosterone. – meats, oysters, seafoods, legumes, chicken liver, nuts, and dark chocolate.

**Omega 3** – helps regulate the heart function, so must be included in your diet, to prevent cardiovascular risk associated with andropause. – salmon, sardines, tuna, and liver

**Vitamin D** – helps increase testosterone – fatty fish, meats, mushrooms, milk, eggs, and butter.

**Vitamin E** – beneficial for testosterone production – extra virgin olive oil, avocado and nuts.

**Foods to avoid** according to diet nutrition Clinic Be and Nutrition in Andropause Neolife.

**Soy products** – Such as Tofu, Soy milk and Miso - As they may cause a drop in testosterone levels. Soy foods are high in phytoestrogens, which are plant-based substances. These mimic the effects of oestrogen in your body by altering hormone levels and potentially reducing testosterone.

**Mint** – Including spearmint and pepper mint – Some research suggests that mint could cause a dip hormone dips, particularly in testosterone.

**Liquorice Root** – Has been shown to significantly decrease testosterone levels in both men and women.

**Vegetable oil** – Is high in polyunsaturated fat, which has been associated with decreased testosterone in some studies.

**Flaxseed** – Is high in lignans and omega 3 fatty acids, both of which have been associated with reduced testosterone levels.

**Processed food** – Is high in trans fats, which have been shown to decrease testosterone levels and impair reproductive performance in both human and animal studies.

### **Helpful Websites**

[www.nhs.uk.conditions.malemenopause](http://www.nhs.uk/conditions/malemenopause)

<https://medbroadcast.co./conditions.andropause>

for further information contact [Barbara.rutherford@nhsbt.nhs.uk](mailto:Barbara.rutherford@nhsbt.nhs.uk) Menopause officer.