

# MEN'S HEALTH

## How Low Testosterone Can Affect Men's Lives

(NAPSA)—As the summer months are upon us and men start preparing their lawn mowers for peak performance, it is also important for them to set time aside to focus on their own health and well-being.

The longer days and warmer weather create more time for activities with family and loved ones, but for some men, the season doesn't bring the enthusiasm it once did. It is important for men who are experiencing fatigue, depressed mood, loss of energy or decreased sexual function to know that they may actually be suffering from an underdiagnosed but treatable condition.

Hypogonadism, or low testosterone, is a common condition in which a man's body does not produce enough testosterone. It is estimated to affect more than 13 million men over the age of 45 in the United States; however, more than 90 percent of those with the condition remain untreated.

Men who are suffering from other conditions such as type 2 diabetes, obesity, high blood pressure, high cholesterol, or asthma/COPD are at an increased risk for low testosterone.

The symptoms of low testosterone can be common to many other conditions and oftentimes are mistaken as depression or erectile dysfunction. With symptoms that are physical and emotional, low testosterone can have a significant impact on a man's life.

"Many men do not realize that symptoms such as fatigue or a diminished interest in sex can be attributed to a low level of testosterone," said Dr. Natan Bar-Chama, director of Male Reproductive Medicine and Surgery at Mount Sinai Medical Center in New York.

"But the good news is that a simple blood test is all that is needed to confirm the diagnosis of

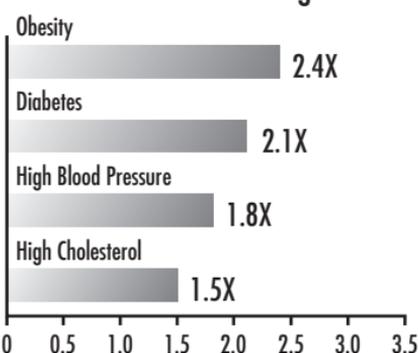
*Editor's Note: AndroGel is indicated for replacement therapy in adult males for conditions associated with a deficiency or absence of endogenous testosterone.*

*AndroGel must not be used if you have known or suspected prostate cancer or breast cancer (a rare condition for men). AndroGel must not be used by women who are pregnant, may become pregnant, or breastfeeding, as testosterone may cause fetal harm. The major risks of AndroGel include prostate enlargement, prostate cancer and transfer of testosterone to others (including women and children). Transference can occur when vigorous skin-to-skin contact is made with the application site and can be minimized by washing your hands after application and covering the application site with clothing.*

*The most common adverse events reported are skin irritation where gel is applied, breast development or tenderness, acne, prostate enlargement, changes in lab test results, and changes in urinary habits.*

*Remember, this information does not take the place of the advice you get from your doctor or other health care professional. Always talk with your doctor if you have questions about AndroGel.*

### Greater Odds Of Having Low T\*



\*Mulligan T, Frick MF, Zuraw QC, Stemhagen A, McWhirter C. Prevalence of hypogonadism in males aged at least 45 years: the HIM study. *Int J Clin Pract.* 2006; 60(7):762-769. 

### The symptoms of low testosterone can be common to many other conditions.

low testosterone, and once identified, a variety of treatment options are available."

Testosterone replacement therapy is available in several forms, including AndroGel, a testosterone gel that is the No. 1 prescribed form of testosterone therapy in the United States. As with any therapy, there are potential risks, and men should consult their physician to decide the best treatment option for them.

"For men who think they may be suffering from symptoms associated with low testosterone, a simple conversation with their doctor can lead to proper diagnosis, proper treatment and improvement of symptoms once testosterone levels are returned to a normal range. Men experiencing these symptoms are not alone, and they should not attribute their symptoms to the aging process," said Dr. Bar-Chama.

Men who believe they are experiencing symptoms of low testosterone should talk to their doctor about a simple blood test. For additional product and safety information about AndroGel, visit [www.androgel.com](http://www.androgel.com).