

# Testosterone Therapy: Clear & Simple

(NAPSA)—Whether it's called male menopause, mano-pause or andropause, there's no doubt that men experience physical changes as they age—and some of these changes may be due to low testosterone levels. Men suffering from low testosterone can receive relief with treatment, but sorting through the issues around testosterone therapy may be confusing.

"Recent media coverage about hormone therapy for women has left men concerned about their own testosterone therapy," says Larry I. Lipshultz, M.D., Chief, Division of Male Reproductive Medicine and Surgery, Scott Department of Urology, Baylor College of Medicine. "Men must realize their bodies respond to treatment differently than women. Men are not women. The effects of testosterone in men are not the same as the effects of estrogen and progesterin in women."

A new brochure from the Baltimore-based non-profit American Foundation for Urologic Disease (AFUD) is now available to educate men about the benefits and potential risks of testosterone replacement therapy (TRT). AFUD based the brochure, "TRT: Clear & Simple," on the American Urological Association official TRT position statement as an ongoing effort to inform men about the effects of treatment.

Almost five million American men may have low testosterone levels, according to FDA estimates. Symptoms may include low sex drive, erectile dysfunction, reduced muscle mass and strength, decreased bone density, difficulty concentrating, depression and fatigue. TRT is for men of any age who have these symptoms and low testosterone levels confirmed with a blood test. TRT raises testosterone levels to the normal range, causing symptoms to improve. Patients should talk with a doctor about the effects of TRT prior to starting treatment.

"Multiple studies have shown TRT can provide dramatic health

## POTENTIAL BENEFITS

Enhances energy level and mood.

Increases lean body mass and muscle strength.

Decreases total body fat.

May improve sex drive and erectile function.

Increases bone mineral density, which may lead to reduced fracture risk.

## POSSIBLE RISKS

May cause sleep disturbances called "sleep apnea" in men who are overweight or who have lung disease.

May cause breast discomfort.

May increase red blood cell count.\*

May cause changes in blood levels of cholesterol.

May increase prostate size.\*\*

\* An increase in red blood cell count may be a health benefit or risk for some men. Periodic testing of hemoglobin is advised.

\*\* Your doctor should monitor your prostate specific antigen (PSA) levels before and during treatment.

Source: AFUD



benefits for men with testosterone deficiency," says Dr. Lipshultz, who also is Co-Chair of AFUD's Reproductive Health Council.

But, doctors caution that testosterone is not a "fountain of youth," and must be used with careful medical supervision. Patients should have their PSA levels checked before starting therapy and throughout treatment. Men with existing prostate cancer must not use TRT.

Dr. Lipshultz adds, "Current evidence does not suggest an excessive risk of heart disease or prostate cancer with long-term testosterone use."

Donald J., a 61-year-old man

from Texas, believes the benefits of treatment outweigh any possible risks.

"Prior to treatment, I was losing interest in sex," said Donald, a patient of Dr. Lipshultz. "I felt a dramatic change in my sex drive and energy level only after one month of using testosterone therapy."

For men like Donald, treatment is available as a testosterone gel, patch or injection.

"TRT: Clear & Simple" is available on the AFUD Reproductive Health Council Web site at [www.reproductive-health.org](http://www.reproductive-health.org) and on the organization's main Web site at [www.afud.org](http://www.afud.org). Men also may order a brochure from AFUD by phoning 800-242-2383.