



## Testosterone For Men

More than just a sex hormone

### Greetings!

Your interest in Testosterone is well deserved.

Testosterone is intimately associated with a man's virility and sexuality. However, Testosterone is more than just a sex hormone. There are testosterone receptors throughout your body from your heart, brain, muscles, bones, etc.

Testosterone plays a critical role in maintaining a healthy immune system, insuring proper heart function, regulating mood and cognition, controlling blood sugars and healthy levels of cholesterol, controlling your blood pressure. It may even help prevent heart attacks and prostate cancer.

Testosterone levels peak in men at around 30 and then slowly decline by an average of 2% per year. For some men this will be even faster, especially if they have sustained trauma, chronic disease, and cancer. Replacing Testosterone is incredibly important to a man's life and vitality. Shanti Medical Spa & Wellness Center-a Cenegenics Affiliate is dedicated to helping men achieve their best at any age.

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## *Andropause-The Male Menopause*



Age related declines in Testosterone are associated with classic signs of Andropause, the Male Menopause. Andropause does not get discussed much but can cause significant declines in a man's life.

Andropause can be associated with negative attitudes about life, a loss of focus and concentration, loss of goals and directions in life, decreased libido, depression, and even a slowing down of cognitive functions. It is also associated with a decreased libido, frequency of sexual thoughts, and erectile dysfunction which can have a profound impact on a man's sexuality and relationship.

Physical changes can include thinning hair, a decline in lean muscle mass, bone density, and an increase in body fat, especially around the midline.

[Facts about Aging](#)

## *Measuring Testosterone*



Clinical signs and symptoms are an important indication for the need of Testosterone, but the best approach is objective laboratory values for the appropriate initial treatment and management of Testosterone deficiency. The ironic part of checking the normal laboratory range for Testosterone is that the levels are the same for a 20 year old to a 70 year old. Obviously, between 20 and 70 years of age, the man has lost over 70% of his Testosterone but it is considered "normal" by the laboratory.

At Shanti Medical Spa & Wellness Center-a Cenegenics Affiliate, our philosophy is to optimize our clients. The optimal level for men is in the upper one third of the normal range for his age. When a man is at these levels of Testosterone, he performs better physically, mentally, and sexually.

## *Testosterone Therapy*



Any hormone therapy, including Testosterone therapy, is a very serious business. Most primary care physicians are not in the habit of checking these levels and replacing them. Furthermore, they may not be familiar with what side effects can occur and what to do to prevent them.

Testosterone replacement can come in many forms but at Shanti Medical Spa & Wellness Center-a Cenegenics Affiliate, we use bio-identical testosterone that provides the longest effect. For younger men (i.e below 50 usually), we can use HCG, human chorionic gonadotropin to help the testicles produce more Testosterone. For older men, we can use just Testosterone to replace what he has lost.

Periodic blood work will need to be done to measure the Testosterone levels as well as the by products of Testosterone, such as Dihydrotestosterone and Estrogen. Too much of these can cause many undesirable side effects of Testosterone such as thinning hair, breast formation, as well as an increased risk for prostate cancer. At Shanti Medical Spa & Wellness Center-a Cenegenics Affiliate, our philosophy is a conservative hormone therapy program working synergistically with exercise and nutrition will help men live to their fullest potential.

## *Optimal Health*



At The Institute for Optimal Health & Advanced Skincare-a Cenegenics Affiliate , we believe that to achieve the best health, we must optimize low levels of hormones as well as evaluate your risk for heart disease, cancer, diabetes, and many other chronic disease.

Our Age Management Evaluation begins with drawing the most extensive blood work you have ever had done. Once we have received the lab work which is in about two-three weeks, we schedule your full day evaluation which includes sessions on nutrition, exercise, stress management in the morning. After lunch, the time is spent reviewing your past medical history, family history, physical exam, and all of your labs. We then discuss your program recommendations with you. Our goal is to empower you to make the best healthcare decisions for yourself so you can have a a life full of vitality, joy, and great health.

We are committed to working as a partner to your good health. If you would like more information, please feel free to call us or email us. Begin your journey today to Optimal Wellness.

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