



A N D R O P A U S E

From the age of thirty-five, testosterone levels in men start to decline. Unlike the female menopause when hormone levels plummet, the male andropause happens more slowly, over many years. As men have differing levels of testosterone, symptoms are wide ranging and can appear at any time. Testosterone levels are also affected by medications, stress, and lifestyle choices.

## Testosterone

You have been told that you have low testosterone levels. This is the hormone that maintains your overall health and prevents many medical conditions. It is especially important for men. You may have many symptoms, or very few. Fatigue, irritability, depression, low self-esteem, insomnia, night sweats, reduced libido, and loss of muscle mass are just some of the issues men experience. Midlife weight gain can also often be attributed to low testosterone.

Testosterone maintains efficient metabolism, and low levels can increase your risk of diabetes, cardiovascular disease, and thinning bones.

## Dhea

Your doctor may also have diagnosed you with low Dhea. This is a hormone made in the adrenal gland which also declines gradually with age. Dhea helps to prevent midlife weight gain and is a feel-good hormone, improving energy and motivation.

## Insulin Resistance

In addition to declining hormones, you may also have been told that you have insulin resistance. This is when the blood sugar does not respond as efficiently to insulin, resulting in slightly higher than normal blood glucose levels. The blood sugar that is not used for energy is transported into cells and changed into fat. This inflammatory state increases midline weight and can promote diseases such as heart disease, dementia, and diabetes in the body, but it can be reversed.

## Treatment

### Testosterone

You will have been prescribed testosterone as a cream, gel, or lozenge. You should apply the cream or gel in the morning to your outer arm, chest, or scrotum as directed. Remember to wash your hands afterwards, as it is possible to pass on testosterone by touch for at least eight hours after application.

You should not experience any side effects with testosterone and should notice improvement in energy, mood, libido, muscle mass and many other things once you are using it regularly.

### Dhea

This will be prescribed as a capsule to take in the morning. It is unusual to experience any side effects but in rare cases, it can cause irritability or make you feel 'wired' or on edge. If you notice this, stop taking the medication and let your doctor know so that they can adjust your dose.

## Insulin Resistance

We treat insulin resistance with good nutrition, exercise, and medication.

**Nutrition** – try to eat a low carbohydrate diet with protein and good fats. Diet doctor has some useful [visual guides](#). If you need any help or advice, you can also book an appointment with our in-house nutritionist, [Jackie Mcuster](#).

**Exercise** – we suggest regular aerobic exercise such as running or cycling, together with weights, but anything that gets your body moving is good. If you need any help or support, contact our in-house movement coach, [Jodi Montlake](#).

**Medication** – Metformin works by slightly lowering your blood sugar, which helps your body to respond more efficiently to insulin. It is important to only start your medication after switching to a low carbohydrate diet.

Take one tablet daily, usually with dinner. If you experience any side effects, especially nausea, tummy aches, wind, or diarrhoea, stop taking the medication until your symptoms settle. Then try again. Side effects are likely to occur if you are consuming too many carbohydrates.

You may be asked to increase your dose to twice or even three times a day. Do this gradually, making sure you feel well.



## Pharmacies

Your medication will be prescribed from one or more of the following pharmacies and they will send you a link so that you can order your medication.

[Customised 4U](#)

[Specialist Pharmacy](#)

[Cloud Rx](#)

## Follow up and blood tests

You will be reviewed after taking your medication for two to three months and following some repeat blood tests to ensure your hormone levels are improving.