



Women's Mid-Life Health Centre of Saskatchewan

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Health Issues



Andropause

If the man in your life is over 40 and has just come home with a new motorcycle or little red sports car...you may want to read this! Andropause has to do with an age-related decline in testosterone. As young as 40, men produce less testosterone and Sex Hormone Binding Globulin (SHBG) starts to increase. The SHBG makes the testosterone less available for the body to use. The usable testosterone is called bioavailable testosterone. This level can be measure by a blood test. Men will also have symptoms that indicate a drop in the level of testosterone.

- Decreased muscle mass, decreased bone density, increased body fat, especially around the abdomen
- Low sex drive and erectile dysfunction
- Poor sleep, depressed mood, mood swings, anxiety, social isolation, and a "just don't care" attitude about these changes
- Concentration is affected as well as short term memory, and decision making (hence the new sports car)

If your man has some of these symptoms, get him to take the ADAM quiz at www.andropause.ca. If andropause seems to be his problem, the site has a Clinic Locator so you can find an Andropause Clinic or specialist in your area.

Andropause
www.andropause.ca

Canadian Society for the Study of the Aging Male
www.cssam.com

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