

# HEALTH TIPS FROM **DR. A**



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**W**hen you watch the television for any amount of time, you are bound to come across a commercial for “Low-T.” Since the commercial ad is approximately 30 seconds long you are not provided with all of the information needed to understand this condition. The facts are that it affects both men and women, and the symptoms and health detriments of having low testosterone can have an overwhelming effect on the quality of life. Testosterone is a hormone produced by the human body. This hormone is key during puberty and in the development of male physical features. Testosterone helps to maintain men's facial and body hair, muscle mass and strength, and deepens a man's voice.

Testosterone levels can affect a man's sex drive, erections, their mood, bone density and the ability to concentrate. Testosterone is also needed for men to produce sperm.

The testosterone level in males begins to rise after puberty and then gradually declines after age 30 at a rate of 10% per year, this gradual decline of testosterone is referred to as Andropause or Male Menopause. About 4 in 10 men over the age of 45 have low testosterone.

There are sexual and non-sexual signs of low testosterone. Sexual signs include a low sex drive, poor erections, and losing interest in sex. The non-sexual signs include an increase in body fat, lower energy levels, reduced muscle mass, and feeling depressed. When levels of testosterone fall, it can have a profound effect on men both physically and psychologically.

Women need testosterone as well, but in smaller amounts. The right balance of testosterone and estrogen help keep their mood, energy levels, bone density, and sex drive working smoothly.

Low T can be caused by a variety of medical conditions as well as by advancing age. In the years leading up to menopause, women normally experience a drop in testosterone, estrogen and progesterone levels.

RejuvaMed provides treatment for men and women every day to restore their hormones to optimum levels. Dr. Andronico, will consult with you to determine the best approach to treating your Low-T.

If your “get up and go” got up and went, or you are “sick and tired” of being sick and tired, call RejuvaMed at (813) 907-0950 or visit [www.rejuva-med.com](http://www.rejuva-med.com).

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**For More Information:**  
**813-406-4965**  
[www.HeartsforOasis.org](http://www.HeartsforOasis.org)

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