

MENOPAUSE FRIENDLY FACTSHEET

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THE ROLE OF TESTOSTERONE

Responsible for multiple effects in the body

- Male reproductive tract development, secondary sexual characteristics
- Bone density and muscle strength
- Libido, motivation and positivity

Important in cardio-metabolic health

- Reduces cholesterol
- Improves glucose control

Brain

- Motivation
- Mood
- Sex drive

Bone marrow

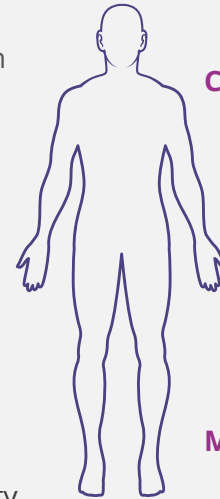
- Red blood cell production
- Immune function

Male sex organs

- Sperm production
- Erectile function

Bone

- Bone density maintenance
- Prevents osteoporosis



Cardiovascular

- Energy
- Stamina

Skin

- Growth of facial and body hair

Muscle

- Muscle mass and strength
- Endurance

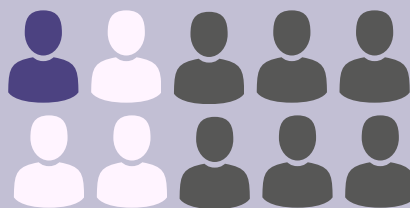
Testosterone levels decline with age

The rate of decline is not the same for all men and symptoms experienced vary at the same level of testosterone.



40% prevalence of low testosterone¹

2-12% overall, in men with both low testosterone and symptoms



Source: 1. [The Journal of Clinical Endocrinology and Metabolism](#)

4 in 10

potentially low testosterone levels



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SYMPTOMS OF LOW TESTOSTERONE

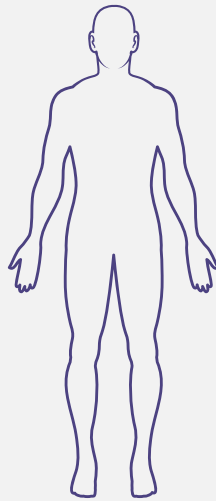
Psychological symptoms

Mood

- Depression
- Anxiety
- Irritability
- Reduced sense of general well-being

Cognitive Function

- Decreased concentration
- Decreased verbal memory
- Decreased visual-spatial awareness



Physical Symptoms

Sexual function

- ↓ Sexual desire
- ↓ Nocturnal erections
- ↓ Erectile function
- ↓ Ejaculatory & orgasmic function

Other physical symptoms

- ↓ Muscle strength
- ↓ Physical co-ordination
- ↓ Balance

Treating Testosterone Deficiency Syndrome (TDS)

This questionnaire developed by international experts, is often used by doctors as part of their assessment of whether someone has the condition and to monitor the results of treatment. The questionnaire score on its own cannot tell you if you have Testosterone Deficiency Syndrome. Careful expert medical assessment of your symptoms, alongside blood test results and other key information is required before any diagnosis can be made.

There are many ways of treating TDS including lifestyle changes and medication. It is important if anyone is experiencing symptoms they speak to a qualified healthcare practitioner to help manage symptoms and long-term health.

