Early ‘Andropause’ on rise among men; Expert
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INVC NEWS MOHALI, Many people are showing symptoms of ‘Andropause’ (male menopause) at an earlier age due to increasing incidence of lifestyle diseases and increased stress in daily life. Somatopause, which is another disease which affects both men and women is also on the increase. This was stated by Dr. S K Mathur, Sr Consultant, Endocrinology while addressing around 90 senior citizens during a health seminar at Max Super Speciality Hospital, Mohali today. He said, menopause is not limited to women, but men are also known to experience it. In medical terminology, male menopause is referred to as Andropause and is equivalent to the menopause that women over 50 years suffer from. Essentially, this is because of lowering of Testosterone levels. Men generally start experiencing this once they cross 50 years, but we now see men at 40 years also are being diagnosed with Andropause. "Talking about symptoms, Dr. Mathur said that these can vary from person to person and may include lethargy or decreased energy, decreased libido or interest in sex, erectile dysfunction with loss of erections, muscle weakness and aches, inability to sleep, hot flashes, night sweats, depression, infertility and thinning of bones or bone loss (osteoporosis). Another symptom that is commonly reported is memory loss associated with the aging process. This symptom is typically minor and does not affect daily functioning like it does in Alzheimer's disease or other forms of dementia," he added. Discussing about the treatment options, Dr. Mathur informed that testosterone replacement therapy (TRT) is the basic treatment as it re-energizes the entire body, increases lean muscle mass and reverses the fat accumulate on and muscular atrophy characteristic of aging. The replenishment of growth hormone from a deficient state can lead to an improved sex life / skin tone and can help to balance other hormones in the body including testosterone, DHEA, melatonin, pregnenolone, and progesterone. The other options or so to say supplements include change in lifestyle, regular exercise, avoiding smoking/alcohol and a change in the diet," he advised.