

hormone replacement

WHAT MEN NEED TO KNOW

It is a commonly known fact that women experience hormonal imbalances at different stages of their lives. Whether it is early in teenage years with PMS or as they approach menopause. Symptoms can wreak havoc on their lives and finding a physician who understands how to assess and treat these imbalances can be life changing. It is less commonly known that men too can have hormonal imbalances, especially low testosterone.

Low testosterone can be seen as early as teenage years to later stages as men approach andropause (similar to menopause in women). Men's testosterone levels peak in their late teens, and begin a gradual but steady decline of about 1 percent a year around age 30 (Mayo Clinic, 2012).

As a physician for the past 27 years, Dr. John Decomo has worked with hundreds of women and men for the past 15 years to help them identify and balance their hormones. This month he shares information that every man should know.

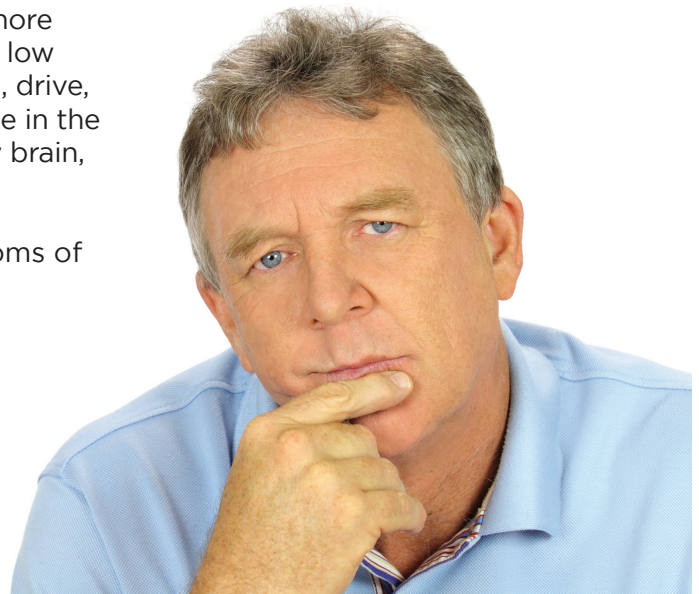
How do I know if my hormones are out of balance?

Through a thorough history and a simple blood test a physician with a specialty in hormone replacement is able to evaluate hormone imbalances and come up with a treatment plan that meets individual needs. The most common hormone imbalance for men is testosterone.

The symptoms of low testosterone in men can be subtle and more difficult to recognize. For men the most profound symptom of low testosterone is fatigue. Fatigue in the body is a lack of stamina, drive, energy and motivation and nothing in life feels exciting. Fatigue in the brain can manifest as depression, poor mood, irritability, foggy brain, poor sleep habits, poor outlook and a general malaise.

In addition to fatigue and low energy, other common symptoms of low testosterone include:

- ◆ Low sex drive
- ◆ Erectile dysfunction
- ◆ Low semen volume
- ◆ Hair loss
- ◆ Increase in body fat
- ◆ Decrease bone mass
- ◆ Mood changes



Successful testosterone replacement involves getting just the right dose, by the right delivery method, for your individual needs. Treatment may include one of the following and your physician will determine the best administration avenue for you:

- ◆ Testosterone replacement can be given through muscular injections.
- ◆ Testosterone pellets can be implanted under the skin for slow release administration every 4 months.
- ◆ Daily testosterone patches worn on the body may be rotated between the back, arms, buttocks, or abdomen.
- ◆ Testosterone gels can be applied topically to the shoulders, arms, inner thigh or abdomen.



There are pros and cons to the different forms of administration and your physician will be able to select the one that works best for you.

There are many very effective treatments for hormone imbalances and most people, men or women, are very satisfied after their hormones are brought back into balance. It is a life-changing event and may be one for you as well! If you think you are experiencing hormonal imbalances, look for a physician who specializes in natural hormone therapy as well has a functional medicine background.

Invest in your Health: 5 easy steps men can take to stay on the right track

1. Don't ignore changes in your health or unusual symptoms. Seek medical attention and talk opening with your physician.
2. Be proactive! If symptoms are not resolving, schedule a follow up with your physician.
3. Eat a balanced diet including whole foods, quality sources of protein, nuts and grains.
4. Exercise regularly. Include aerobic exercise, core training and weight training to help maintain muscle tone.
5. Reduce stress by incorporating yoga, meditation or try taking up a sport such as golf and tennis.

Thank you Dr. John Decomo for sharing his knowledge and success with hormonal replacement for this month's Performance for Life topic. Dr. John DeCosmo is an Osteopathic Physician, Board Certified in Family Practice and certified in Functional Medicine. To learn more about Dr. John DeCosmo visit <http://johndecosmodo.doctorsoffice.net>