

ANNOUNCEMENT

Men Have Hormone Problems Too!

We are now treating men for Andropause

Low and unbalanced male hormones

In any given age group, the men who have the highest levels of testosterone and DHEA, frequently look, feel and perform at the top of their class. The men with the lowest hormone levels may be fatigued, perform poorly sexually and may even be depressed. It is frequently not recognized that low male hormone levels can be at the heart of many common male medical problems.

What problems are we talking about?

- Muscle loss and weakness
- Fatigue and loss of stamina
- Reduced sexual desire
- Erectile dysfunction.
- Weight gain, especially around the middle
- Prostate enlargement
- Difficult urination
- Frequent urination, especially during the night
- Sleep disturbance
- Thinking problems
- Difficulty with learning new things
- Thinning bones.
- Depression

Increased abdominal fat can lead to high blood pressure and insulin resistance, which can increase the risks of heart attack and stroke.

Prostate cancer rates tend to be higher in men with low testosterone levels.

Does a man have to be “old” to need androgen supplements? No!

Although androgen levels tend to gradually decline with age, some men have nearly youthful levels even into their seventies. Other men may have relatively low levels even in their thirties and forties. There is a great deal of individual variation.

How can a man get his hormones back?

Dr. Goldman and his staff use Natural Bioidentical Hormones to restore hormone balance and health. Testosterone is usually administered as a topical gel or cream to be rubbed on. DHEA is usually in a tablet or capsule.

How do we begin?

At the first visit, we ask questions about health, signs of problems and review the medical history. We will then do blood testing. Tests can include testosterone, estrogen, thyroid hormone levels, cholesterol, and prostate specific antigen (**PSA**), blood counts, DHEA and other tests as needed. We will also measure height, weight, body mass index (BMI), and the waist to hip ratio.

The initial thorough evaluation of a man's current health status includes male hormones, thyroid, adrenal gland function, sugar and fat metabolism, sexual and prostate function. We will then work out a holistic plan for health restoration and begin therapy.

The importance of Natural Bioidentical Hormones

We use only hormones that are exact copies of the body's own natural hormones. This means that they function exactly like a man's own natural hormones. This also means that we can measure the hormone levels to adjust our therapy. We are not giving anyone excessive levels of any hormone. We are just bringing a man with low androgens, up to the levels of the better performing men in his age group.

What are the benefits of Bioidentical Andropause Hormone Supplements?

- Improvement of mood, well-being, thinking and learning.
- Enhanced libido and sexual performance.
- Maintaining Prostate Gland health and healthy urinary function
- Increasing muscle mass and tone while reducing abdominal body fat
- Reducing cholesterol, triglycerides and blood sugar to help protect the heart.
- Protection of bone strength and bone density.

Male hormone supplement therapy, combined with a Holistic program of proper diet, appropriate supplements, exercise,

and a healthy life style can help a man maintain his health and vigor so that he can enjoy a fulfilling, interesting, active and worthwhile life.