

Dr. Goldman's Book Reviews

TESTOSTERONE FOR LIFE

Recharge Your Vitality, Sex Drive, Muscle Mass &
Overall Health

By

Abraham Morgentaler, M.D.

Associate Clinical Professor, Harvard Medical School
McGraw Hill

This book is a 182-page expansion of my office pamphlet *Why Should Men Take Supplemental Hormones, The Benefits of Androgen Therapy.*

Clearly and concisely, Dr. Morgentaler lays out the symptoms of testosterone loss, how low testosterone can harm a man's health, how he should be evaluated, and what the health benefits are from having his testosterone restored. **Most importantly, he reviews the literature on the relationship of testosterone and prostate cancer and explodes the common medical myth that testosterone causes prostate cancer.** This is an excellent source book for both men and their doctors.

I have some reservations and disappointments. Although a brave and intelligent researcher, Dr. Morgentaler has not looked very far beyond his narrow field of Urology. He is unaware of the importance of the hormone **DHEA** in men's health. In general, although he does discuss the benefits that regular exercise has in enhancing the muscle growth one can restore with testosterone therapy, he does not have a truly holistic approach. In the picture on the cover, he is on a bicycle by a rugged coastline, (probably in New England) with a woman. They are both trim, fit and look happy. I assume he is actually living a healthy, holistic life style. He does not stress, however, that the full benefits of testosterone cannot be realized unless a man also eats a healthy diet, loses excess abdominal fat and is evaluated to balance any other hormones that may need attention in the thyroid, adrenal and insulin resistance.

I highly recommend this book.

Robert P. Goldman, M.D. March 2009