

June is Men's Health Month

LOW TESTOSTERONE

Symptoms

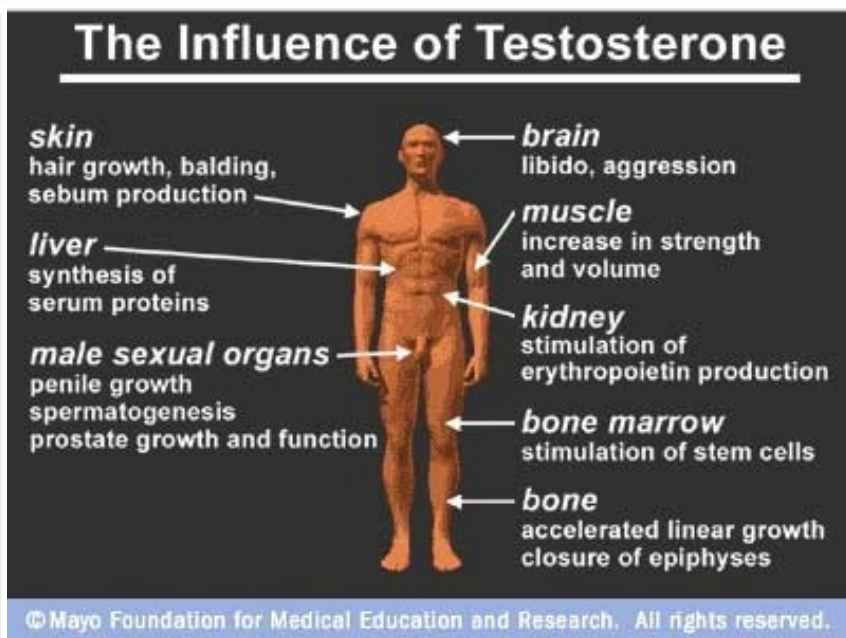
- Decrease in libido or sex drive
- Lack of energy
- Decrease in strength and/or endurance
- Decrease in height
- Loss of enjoyment of life
- Feeling sad and/or grumpy
- Less strong erections
- Decrease in work performance

Testosterone Replacement

Several options are available including patches, buccal (cheek) tablets, pellets, injections or gels.

Risks of Testosterone Replacement

- Increased red blood cell count
- Stroke
- Transfer of the testosterone gel to others
- Prostate cancer



What is Testosterone?

Testosterone is a hormone that plays a key role in the health and physical features of men. It promotes the male characteristics such as growth of body hair. The diagram above shows many of the ways testosterone impacts the body.

Blood levels of testosterone and sex hormone binding globulin (SHBG) may be tested to determine if a patient has low testosterone.

What can you do?

- Get enough sleep - ideally 7-8 hours per night
- Maintain a healthy weight
- Control your stress level
- Exercise at least 30 minutes 5 days a week
- Review your medications with your Red Cross pharmacist - some may lower testosterone