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Optimizing Testosterone Levels in Aging Men

As men age, decreasing levels of testosterone can have widespread effects throughout the body. Men may suffer from fatigue, a decrease in sexual performance, decreased sex drive, reduced strength, poor sleep, emotional instability, , or loss of muscle mass. This can be collectively referred to as male menopause, or andropause. You may not bring these concerns up to your health care provider out of embarrassment, but you must recognize the importance of supporting optimum testosterone levels

Many times patients feel that declining testosterone is a normal part of aging. This is far from the truth; a recent study found that testosterone decline is not a normal part of aging, but is largely explained by changes in health status such as diabetes, obesity, depression, and smoking. The Healthy Man Study showed a connection between decreased levels of serum testosterone, obesity, and a history of smoking in men over 40.

Chemicals such as herbicides that are used in the production of our food have also been shown to decrease testosterone levels.

Once declining levels of testosterone are identified, there are several supplements that have been shown to support healthy testosterone levels. A few options include: Zinc which acts as a natural aromatase inhibitor. Tribulus–has been shown to significantly increase serum free testosterone, Saw Palmetto– has been shown to be an effective aid for male hormonal metabolism.

Many of the factors leading to premature testosterone decline can be corrected through simple lifestyle changes. Eating a well-balanced diet and getting high quality exercise every day will go a long way in helping to support healthy testosterone levels.

Hazle Drugs can tailor a Bio-Identical Natural Testosterone prescription to the exact strength required by the individual patient, and make it in a dosage form that is easy for the patient to use. This may allow the patient to better comply with the dosing instructions, resulting in a more positive experience and treatment outcome.

For more information regarding Natural Bio-Identical Testosterone Replacement, please contact on our compounding pharmacists at 570-454-2476.

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476 Call for more information or to schedule your Nutritional Consultation today!