

Be Well Aware – Health Article



Testosterone for Men's Health

What is Testosterone?

In June we take time to bring awareness to Men's Health. One major hormone that plays a huge role in men's health is testosterone. We have all heard about testosterone, but that doesn't necessarily mean that we know what it is and how it affects men. Testosterone is the primary sex hormone in men that is responsible for development of many male physical characteristics. Females also produce testosterone, but in much smaller amounts. This hormone has many important functions in males that include:

- Production of red blood cells
- Bone Density
- Fat distribution
- Muscle strength and mass
- Facial and body hair
- Sperm Production
- Sex Drive

Low Testosterone Levels

As males age, their testosterone levels slowly start to decline after the age of 20. Males typically experience a 1-2 percent decrease in testosterone levels each year. Why does this matter? Because the decrease in testosterone levels can have play a huge role in men's health as they age. Particularly in middle age, men should pay close attention to testosterone levels. Some symptoms of low testosterone include:

- Decrease in energy
- Decrease in stamina
- Decreases muscle mass
- Weight gain
- Decreased libido
- Depression



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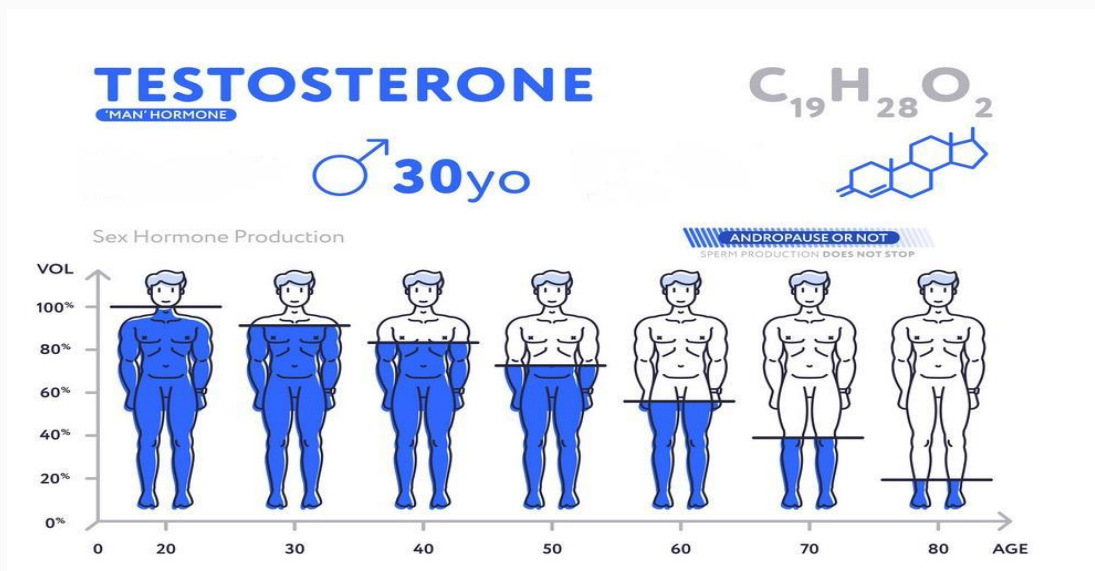
If a male experiences any of these symptoms, particularly middle aged men, scheduling an appointment with a doctor can start the process to determine if there is low testosterone. The doctor can diagnose you with low testosterone after a physical exam, blood test, and a review of your symptoms.

Healthy Ways to Increase Testosterone Levels

As with many health related issues, maintaining a healthy lifestyle can go a long way in improving your overall health. Low testosterone can be naturally elevated by simply implementing these easy helpful tips:

- Getting Enough Sleep
 - Lack of sleep can have a negative effect on your hormone balance. Strive to get 7 to 8 hours of sleep daily.
- Maintain a Balanced Diet
 - Eat a healthy, whole foods diet that consists of a balance of fats, proteins, and carbohydrates.

- Manage Your Weight/Weight Loss
 - Maintaining a healthy weight can help with testosterone levels. Studies have shown men that are obese have lower levels of testosterone.
- Exercise
 - Engage in moderate cardiovascular activities for at least 150 minutes per week, and incorporate strength training 2-3 times per week.
- Manage Stress
 - Long-term and chronic stress has proven to cause many harmful affects to the human body. Try meditating or removing stressors in your life where possible.
- Avoid Alcohol and Drug Abuse
 - Alcohol has been linked to lowering testosterone levels.



References

- <https://www.health.harvard.edu/mens-health/treating-low-testosterone-levels>
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- <https://www.everydayhealth.com/testosterone/guide/>
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