

Menopause Isn't Just For Women: Here Is What Men Need To Know

Description

Menopause is often thought of as a woman's issue, but men can experience changes with age that are similar to menopause. This phenomenon is known as andropause or male menopause. While not all men go through it, andropause affects roughly 30 percent of males between the ages of 40 and 59. Read on to learn more about male menopause and what it means for you.

default watermark



[Via Pexels](#)

What Is Male Menopause?

[Male menopause](#) occurs when levels of the hormone testosterone decrease, typically in middle-aged or older males. Testosterone is responsible for maintaining muscle mass, bone density, libido, energy levels, and mental clarity—all characteristics that people associate with youthfulness and vitality. When testosterone levels drop, these functions often decrease as well.

Signs and Symptoms of Male Menopause

Manifestations of male menopause can differ from individual to individual; however, the most frequent ones include:

- Low libido or decreased sex drive
- Muscle loss
- Fatigue and/or lack of energy
- Mood changes such as [depression](#) or irritability
- Hot flashes and night sweats
- Difficulty sleeping
- Memory problems or mental fog
- Erectile dysfunction or difficulty maintaining an erection

It's worth emphasizing that some of these signs can have alternative explanations, so if you believe you may be in the middle of male menopause, it'd be wise to consult with your physician.

Causes of Male Menopause

While the precise source of male menopause remains unknown, it is widely considered that progressing age has something to do with its development. As our bodies mature, [testosterone production](#) decreases which can be responsible for these sensations and signs.

In addition, living habits such as obesity, inadequate nutrition, and lack of physical activity may lead to lower levels of testosterone, triggering a higher vulnerability for male menopause.

Treatment Options for Male Menopause

Although male menopause cannot be cured or reversed, there are several treatments available that can help manage the symptoms:

1) Testosterone Replacement Therapy (TRT):

TRT consists of taking medications that replace the testosterone your body is no longer producing. This treatment has been proven to improve sex drive, muscle strength and mass, energy levels, and mood. Just make sure to find a reputable place of treatment like this [TRT Clinic Simi Valley](#) with a knowledgeable team of staff.

2) Lifestyle Changes:

Making certain lifestyle changes can help manage the symptoms of male menopause. Eating a healthy diet, [exercising regularly](#), getting enough sleep, reducing stress levels, limiting alcohol consumption, and quitting smoking are all important steps toward improving overall health and well-being.

3) Bioidentical Hormone Replacement Therapy:

Bioidentical hormones, derived from natural sources and created to emulate the hormones produced by your body, have been proclaimed as a solution for alleviating symptoms of male menopause and balancing out hormone levels. Research has suggested that [bioidentical hormone replacement therapy](#) could be a powerful aid in improving one's well-being.

4) Supplements:

If you're experiencing the effects of male menopause, then certain natural supplements can be greatly beneficial. Minerals such as zinc and magnesium, along with vitamin D, have been known to restore hormone levels and promote overall health in males who are going through this stage of life.

Male menopause is a real phenomenon that affects many men as they age. While it's not always easy to recognize the symptoms due to their similarity with other conditions, knowing what signs to look for can help you identify if you are experiencing this issue.

Treatment options such as testosterone replacement therapy, lifestyle changes, bioidentical hormone replacement therapy, and supplements can all be beneficial in managing the symptoms of male menopause. Talk to your doctor if you think you may be experiencing this condition so they can recommend the best treatment option for you.

Date Created

2023/03/25