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Men's Health – Testosterone Updates

Be Cautious About Supplements

Testosterone is being sought these days for a variety of complaints from low libido to low vitality, but those who supplement may be placing their health at risk. Several recent studies have raised concerns about the use of testosterone for anti-aging or age-related testosterone decline – one from the National Institute on Aging was stopped early due to cardiovascular events. Proceed with caution!

While more and more men are being tested for low testosterone levels, the number of men with low testosterone is remaining constant. This means more “normal” men are being tested, presumably requesting tests based on their hope to pursue testosterone therapy. Despite the concerns and risks associated with such therapy, the number of men being treated has increase by 20 percent over four years.

Healthy Way to “Supplement”?

Men looking to “supplement” their testosterone levels should look at exercise. Specifically, resistance or weight training. Findings of a Japanese research suggest that older men who engaged in alternate day resistance exercise experienced increases in testosterone up to 30 percent. This could translate into improvements in age-related factors such as muscle atrophy, balance issues and osteoporosis. Go pump some iron!

Statins May Reduce ED

Erectile dysfunction (ED) becomes more common as men age and often goes hand-in-hand with cardiovascular disease. Now there's news that a class of medications commonly prescribed to treat elevated cholesterol (the statins) that seems to also reduce ED. It's unclear from the retrospective review whether the improvements were due to vascular changes or direct effects of the medication, so more research is needed.

Men's health almost seems like a new age phenomenon, but your pharmacist is more than prepared to tackle men's health issues. Step up and talk to one of them about your men's health questions.