ANDROPAUSE
By Joe Upton, M.D., Anti-Aging Specialist

Andropause, also known as the “male menopause,” is not only real but physicians are realizing it’s much more common than once thought. The hormone primarily involved is testosterone, which is vital for men (and women). When men enter their early 30’s, they begin losing testosterone at a rate of 1-2 percent a year. In other words, most 70 year old men will have testosterone levels that are 10 percent of the level they had as a healthy 25 year-old.

Andropause is less sudden (or noticeable) than the female menopause, but the long term health consequences are just as severe. Declining testosterone levels have been associated with increased risk of diabetes, metabolic syndrome, cognitive decline, bone loss, poor heart function, systemic inflammation, and sarcopenia (less muscle, more body fat).

Symptoms that most doctors consider “normal aging” like fatigue, poor appetite, decreased muscle mass, memory loss, diminished sex drive, and depression may be significantly improved and even reversed. Andropause can be treated through healthy dietary habits, correct exercise, advanced nutritional supplementation, and, the key factor, hormone optimization with bio-identical hormone therapy.

However, it’s important to remember that this is not a “one size fits all” solution. Each man’s situation and physiology is different and, therefore, care must be personalized. With properly supervised treatment, all men can experience a healthier, younger, and more vital self!

The Anti-Aging Center at PRO Sports Club offers the most comprehensive care, with state-of-the-art preventative and regenerative medicine for both men and women. Here’s what patients are saying:

“It’s been like turning back the clock to the energy I used to have.”

“What an amazing difference this treatment is making on how I feel overall. Energy levels have returned, and my clarity of thinking and emotional state have improved. I’m a convert!”

“I was looking for something more from my primary care physician, but it just wasn’t there. It took Dr. Upton, who spends time with me, to invest in my health. I feel like he wants me to succeed. It’s the personal touch that makes all the difference.”

FREE
ANTI-AGING SEMINAR
WITH DR. UPTON

Learn firsthand from Medical Director of the Anti-Aging Center at PRO Sports Club, Dr. Upton is board certified in Family Medicine and Anti-Aging Medicine with the American Academy of Anti-Aging Medicine.

For next Seminar date, please call (425) 861-6290 or email: Antilaging@proclub.com