

Integrative medicine approach to andropause: what to do before testosterone treatment?

The presentation analyzes the vision of Andropause from the point of view of Integrative Medicine.

It highlights the importance of lifestyles in decreasing Testosterone levels with age, as well as exposure to different toxic substances in our environment, such as pesticides, food additives, polychlorinated biphenyls and organic phosphates, electromagnetic radiation, heavy metal toxicity, phthalates and Bisphenol A.

Low levels of Testosterone are associated too with Insulin Resistance, Metabolic Syndrome and Type 2 Diabetes. With proper nutrition, avoiding sugars and refined carbohydrates, eliminating food additives such as trans fat and fructose, eating whole foods every 3-4 hours and lean proteins, vegetables, fruits high in fiber and healthy fats, and with the appropriate treatments will try to improve these problems.

Visceral obesity is also associated with a low production of Testosterone. Hence the interest of losing that excess of fat. We have to try to reach a healthy weight range.

Alcohol increases Cortisol and reduces the production of Testosterone. It also increases the production of Estradiol from Testosterone. Therefore it is appropriate to limit its consumption in the treatment of Andropause.

Attention should be paid to the levels of some elements such as Zn, that are essential for testosterone synthesis and sperm maturation and its deficiency is a reversible cause of gonadal dysfunction.

Stress through cortisol interferes with the availability of Testosterone. It is essential to control stress in Andropause before hormone replacement therapy.

Sleep also influences the production of Testosterone, with higher levels in the REM phase. The elderly have a lower number of REM phases and, in part, they may have a lower production of Testosterone. It is important to get a good night's sleep.

Physical exercise helps increase the endogenous production of Testosterone. Resistance exercises seem the most convenient for this purpose.

It is interesting to analyze the estradiol levels of aging men because in part their elevation may be responsible for some of the changes and condition some of the treatment guidelines, using Zn, Progesterone or Chrysin.

Prostate problems are common in older men and condition a worse sexual function. It is convenient to detect them and treat them properly.

If all these measures do not improve the situation of the patient, we proceed to hormone replacement treatments, if there are no contraindications. Therefore, before initiating any therapeutic replacement of Testosterone, it is necessary to perform the appropriate clinical tests and examinations to see if there is an indication and there are no contraindications and to know the starting point of the patient and so we can analyze the response to treatment.

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