

TESTOSTERONE 101

TESTOSTERONE (T) IS A CRUCIAL, NATURALLY OCCURRING CHEMICAL WHICH AFFECTS ALMOST ALL ASPECTS OF BEING A GUY.

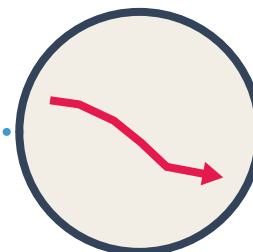
SO LET'S GET "T" RIGHT



The process to produce T starts in your brain. Two different glands in your brain communicate and then one of them sends a message down to your testicles to produce T.

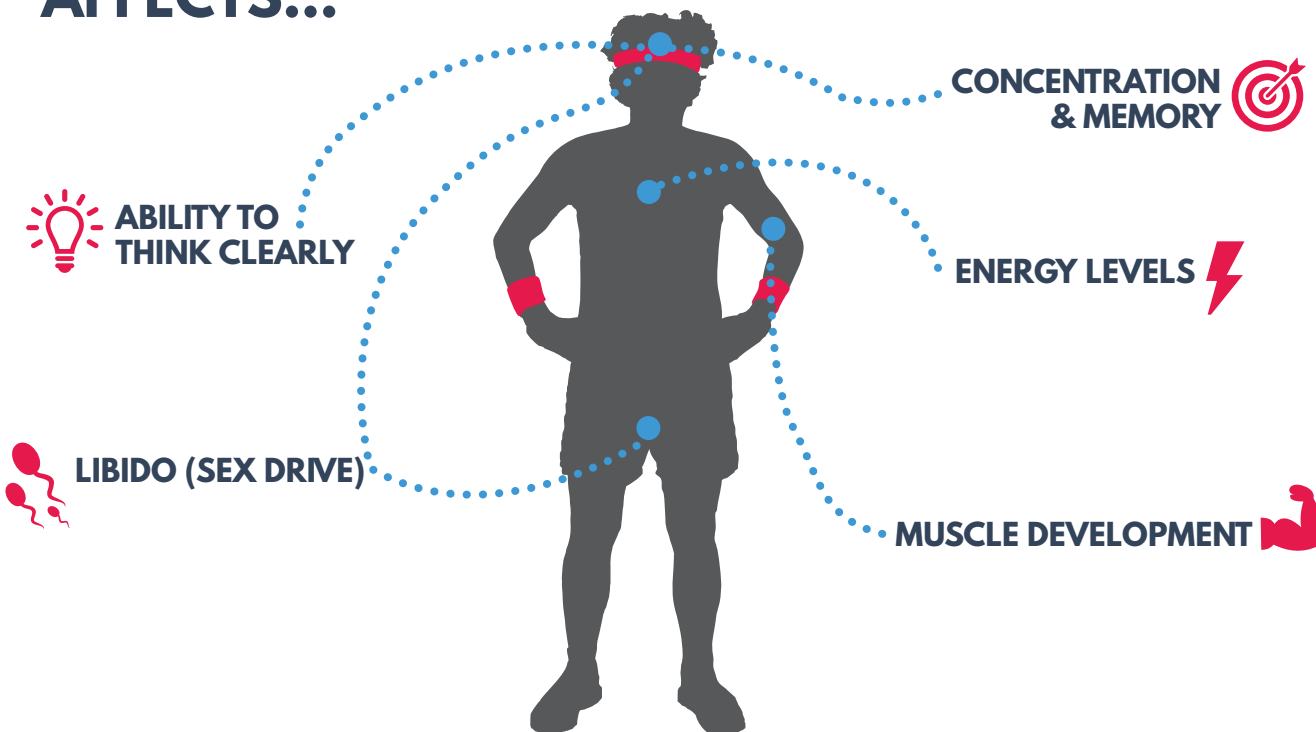


During puberty T rises in your body and is responsible for the growth of your testicles and ability to produce sperm. T also makes your body hair grow, gives you an Adam's Apple and increases your muscle mass.



At about age 40, the amount of T men produce starts to drop, and the amount you can use also drops.

"T" AFFECTS...



"T" IMPACTS...


BLOOD PRESSURE LEVELS


CHOLESTEROL LEVELS


RED BLOOD CELL PRODUCTION


TYPE 2 DIABETES


OSTEOPOROSIS
(Yes, guys get it)


HEART DISEASE

IS YOUR “T” RUNNING LOW?

You may need T if your quality of life is being significantly impacted by:

SEX

- Decreased libido (sex drive)
- Difficulty obtaining an erection
- Decreased frequency of morning erections
- Decreased sexual performance
- Delayed orgasm
- Lower load volume

BODY

- Losing muscle mass, strength and power
- Losing energy, or getting fatigued easily
- Decreasing physical activity/vitality
- Night sweats and hot flushes
- Loss of facial, body and pubic hair/slow beard growth

HEAD

- Depressed mood
- Mood changes / irritability
- Inability to concentrate
- Insomnia/sleep disturbances
- Your general feeling of well-being is heading down hill

HOW TO STOP LOW “T” FROM HAPPENING

T naturally declines with age – that is completely normal for guys, but you can slow it down by:



Getting in lots of physical activity



Quitting smoking



Figuring out if you have sleep apnea (snoring that stops your breathing)



Eating properly



No getting fat... stop the big belly happeninng!

TREATMENTS ARE AVAILABLE



29 ain't 39, but 39 doesn't need to be 59. After reading this, if you suspect you might be running low on T go visit your health care provider and work with them to determine if low T is the problem, if treatment is necessary, if other issues exist, or if you just need to make some simple changes to your lifestyle to keep your T tank level optimal.



Canadian Men's Health Foundation (CMHF) is a national, not-for-profit organization founded by Order of Canada recipient Dr. Larry Goldenberg.

Our mission is to inspire Canadian men to live healthier lives. CMHF envisions a nation where men actively care for their health, and Canadian society values men as the final piece of the family health puzzle.

DONTCHANGEMUCH.CA
where guys go to get healthy

Use
YOUCHECK.CA
to determine your risk of developing Low T

SOURCE: Dr. David Greenberg

Dr. David Greenberg is a Director of the CMHF. He practices Family Medicine in Toronto.