

Study to Determine Link Between Testosterone, Obesity and Sleep Apnea

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A study to determine link between testosterone, obesity and sleep apnea is being undertaken in Australia. It is the first such study in the world and is to be managed by the the Woolcock Institute of Medical Research in Sydney.

Dr Peter Liu, Physician at the Woolcock Institute of Medical Research, said “It is already known that obesity and sleep apnea decrease testosterone levels and that low testosterone levels causes obesity and sleep apnea, creating a vicious cycle.

“The purpose of this study is to discover if testosterone therapy can break the ‘vicious cycle’ and help men lose weight, lose fat and thereby improve their obstructive sleep apnea.

“Obesity and sleep apnea are reaching epidemic proportions in men worldwide. Simple, safe and effective methods are urgently needed for men to lose weight, particularly because current simple methods may be more suited to women.”

Testosterone is the “male hormone” which is important for maintaining masculinity, muscle strength, bone strength, sperm production and decreasing fat mass and many other factors.

Testosterone is approved by Australia’s Therapeutic Goods Administration. In Australia it is available as REANDRON® and is approved for the treatment of testosterone deficiency.

However, testosterone is not approved for use as a treatment of obesity, and therefore its use in this study is a first.

Approximately 70 volunteers are sought for this study. Each volunteer will have a diet designed specifically for them and they will also receive advice on exercise.

Source-Medindia

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<http://www.medindia.net/news/Study-to-Determine-Link-Between-Testosterone-Obesity-and-Sleep-Apnea-47241-1.htm>