

## Young Men with Type 2 Diabetes May Have Low Testosterone

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More than 50 percent of men ages 18 to 35 with type 2 diabetes have lower levels of testosterone than men of the same age who do not have diabetes, according to researchers at the University of Buffalo.

Several years ago, the same researchers found that low testosterone levels were common in middle-aged men with type 2 diabetes.

These findings are especially important for young men since low testosterone can be related to:

- \* underdeveloped muscles and muscle weakness
- \* a decrease in bone mass
- \* low libido
- \* erectile dysfunction

Interestingly, the researchers noted that men with type 1 diabetes have normal levels of testosterone.

The cause of the low testosterone in men with type 2 diabetes is not clear and, according to the researchers, may be related to obesity or insulin resistance.

### Treatment Options

All men with type 2 diabetes need to manage their disease with an appropriate diet, exercise, and oral medications or insulin. Low levels of testosterone can be treated with testosterone replacement medications, such as Androgel, Testim, and Androderm.

Source: Testosterone Concentration in Young Patients with Diabetes, Diabetes Care, October, 2008.

<http://drugs.about.com/b/2009/01/02/young-men-with-type-2-diabetes-may-have-low-testosterone.htm>