

# Men menopause proven true

**The male menopause is not a myth, but it only exists rarely, about only 2% of middle-aged men are affected. This is according to a European research team.**

The New England of Journal study assessed more than 3,300 men from eight European centers. These men aged 40-79. A team from the University of Manchester along with other scientists studied the testosterone level of these men. These men's sexual, physical and mental health was also asked.

An expert in men's health said that doctors should be careful of the use of testosterone even if it is very beneficial.

There are three sexual symptoms linked to someone who has poor testosterone level. These are: having a bad morning erection, small amount of sexual desire and erectile dysfunction. Other symptoms, which were also linked to menopausal, were depression, fatigue and not being able to perform sexual activities properly.

There were other symptoms, though, which were not linked to being menopause. These are changes in sleeping patterns, poor concentration, worthlessness, and anxiety. Having poor health and being obese are also linked to a condition called, late-onset hypogonadism. It is a condition wherein the testes affect the hormone level because it is not functioning properly anymore.

Professor Fred Wu, from the University of Manchester's school of biomedicine, the leader of the study, differentiated menopause for men from late-onset hypogonadism that only the later has diagnosable condition unlike the prior.

Professor Wu added that these men, who have a background of having a lot of non-hormone-related complaints, when starting to have age-related decline in testosterone level when getting old, want to undergo the diagnostic approach conducted by the people from the University of Manchester.

He also suggested that "testosterone treatment may only be useful in a relatively small number of cases; we have found out for the first time and identified the key symptoms of late-onset hypogonadism."

According to him, sexual symptoms are present both in men and women. That is why it is important to know if the three sexual symptoms are present out of the 9 newly identified symptoms of testosterone, to increase the right way of diagnosing late-onset hypogonadism. This will help testosterone therapy to be moderate to avoid excessive diagnosis, which is not healthy especially for older men.

In the first week of the month, an editorial in Drug and Therapeutics Bulletin warned men in giving synthetic testosterone because it can cause cancer, just because you feel you have the symptoms doesn't mean there is something wrong with your testosterone level.

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