

Do men have the menopause too?

By Catherine Hood 19/07/2009

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Women go through one, but can men also experience a hormonal crisis when they hit their fifties?

Symptoms of the male menopause COMMON complaints from men in their fifties are similar to many of the problems caused by the female menopause. They include low sex drive, altered body shape, tiredness, sweating, aches and pains and irritability. Does it exist? WHEN women go through the menopause there is a dramatic and measurable fall in their sex hormones, causing mood swings, cold sweats and hot flushes.

But men do not experience such a dramatic drop in sex hormones. In fact the testosterone levels in a man at 70 could be the same as someone 50 years younger.

What is to blame? MANY men do go through a crisis as they hit middle age but it is likely to be psychological rather than hormonal. There are many adjustments a man has to make at this time of life. His body is no longer lithe and fit and wrinkles herald the coming of old age. At work he may be feeling superseded by younger, more ambitious men. The children may have left home, leaving him wondering what his role in life now is.

Adjusting to these changes can be very challenging and can lead to depression and anxiety.

It is also important to exclude any other health conditions that could be causing the symptoms, such as thyroid disease, heart disease or anaemia. The role of HRT SOME

have suggested that testosterone replacement in the form of patches, injections or tablets can restore a man's get up and go but the evidence is conflicting.

Some men with low testosterone do not have the problems listed above while others have lots of complaints but normal testosterone levels. Adding more hormone can sometimes do more harm than good.

<http://www.mirror.co.uk/news/top-stories/2009/07/19/do-men-have-the-menopause-too-115875-21530899/>