

- It is real and it is preventable.
- It is often under diagnosed.
- It is associated with low testosterone levels that decline with age.

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The Baucom Report

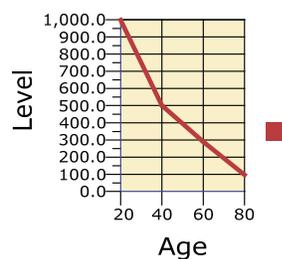
Patient Education Series

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What Is Andropause ?

When it comes to hormone decline, equal rights mean men suffer the same fate as their female counterparts. In fact, by the time men reach ages 45-55 they can experience the same phenomenon similar to female menopause called andropause. Unlike menopause, which generally occurs in women during the mid-forties to mid-fifties and is marked by the cessation of menstruation, men's transition is more gradual and can expand over several decades. As men age they begin to experi-

ence changes in attitudes and moods, mild depression, fatigue, lower sex drive, reduced erections, abdominal weight gain, loss of energy and reduction in physical agility. Both



Andropause is associated with declining bio-available testosterone levels

menopause and andropause

are distinguished by a drop in hormone levels. Estrogen for women and testosterone for men. Andropause was first cited in medical literature in the 40's, so it is not new. However, for a very long period of time it was underdiagnosed and undertreated. A recent World Health Organization report states that male androgens progressively decline with age. The impact of decreasing androgens is known as andropause or PADAM – Partial Androgen Deficiency in the Aging Male.

Symptoms of Andropause

Andropause is often under diagnosed because symptoms can be vague and vary between men. Some men find it difficult to accepting they have a problem. Symptoms associated with andropause include:

- Decreased libido
- Abdominal weight gain
- Irritability
- Depression
- Erectile dysfunction
- Loss of body strength
- Lower energy
- Poor concentration
- Joint pain and stiffness



Some men have a difficult time admitting they are gradually losing their manhood. The truth is they don't have to.

“Age is a question of mind over matter. If you don't mind, it doesn't matter.”

Satchel Paige

“You are never to old to become younger”

Mae West

Symptoms Continued

- **Osteoporosis:**

Low testosterone associated with andropause is thought to reduce the ability to regenerate bone tissue necessary to help prevent osteoporosis.

- **Cardiovascular Risk:**

It is accepted that women's risk of atherosclerosis (hardening of the arteries) increases after

menopause. Estrogen replacement therapy seems to reverse this trend.

New evidence suggest that a similar phenomenon occurs with men as testosterone diminishes with age. A cause and affect relationship has not been established in large clinical trials and more research is needed.

There is great variability of testosterone levels among healthy men, so all men do not experience the same symptoms to the same degree.

Diagnosing Andropause

Physicians didn't always think of low testosterone levels as the cause behind andropause symptoms. So often doctors would conclude that they were caused by other medical conditions (i.e. depression) or were simply related to “growing old”

and encouraged their patients to accept the reality of aging.

Today, this situation has changed and there is increased interest in male aging among medical researchers. In addition, new blood and saliva testing methods have been

developed that enable a trained and experienced physician to accurately diagnose andropause and prescribe a treatment plan to significantly reduce the symptoms of andropause.

Diagnosing andropause involves extensive blood testing and interpretation.

Importance of Testosterone

Testosterone is an important hormone produced in the testes and adrenal gland that affects the whole body. Testosterone is essential to normal sexual behavior to include erectile quality, as it is the

hormone of sexual drive. When it is low, so is sexual desire. Testosterone affects many metabolic activities such as: production of blood cells in the bone marrow, bone formation, lipid metabolism,

carbohydrate metabolism and liver function. Testosterone helps build protein. Maintaining normal levels of bio-available testosterone is an important part of age management medicine.

Treatment and Options

Treatment for andropause involves bio-available hormone replacement therapy.

Not all patients are eligible for treatment as there are conditions where testosterone replacement therapy should not be used such as: prostate and breast cancer. Other conditions may include: heart or blood vessel disease, enlarged prostate, liver disease, kidney

disease and diabetes mellitus.

The metabolism of testosterone to dihydrotestosterone (DHT) and estradiol is important in the safety and efficacy of testosterone restoration therapy. In inexperienced hands, these metabolites can interfere with achieving the health benefits of testosterone replacement therapy and contribute to side affects.

There are four treatment options available: oral, transdermal, intramuscular and pellet implant.

Once weekly testosterone injections for men is a reliable, safe, easy and least expensive option. It can be done in office or by the patient himself with minimum discomfort.

“At the Baucom Institute, safety is our number one goal.”

Medical Monitoring

Testosterone Replacement Therapy (TRT) begins with precision diagnosis to include baseline lab results. Once diagnosed and treated, TRT then requires periodic follow-up lab test to monitor results and assure proper dosage. At the Baucom Institute, safety is

our number one goal.

There is no scientific evidence that TRT causes prostate cancer or heart disease. In fact, there is overwhelming evidence that testosterone helps protect against: heart disease, diabetes, obesity, osteoporosis and dementia.

Medical monitoring is an essential part of age management medicine. TRT should only be conducted under the medical supervision of a qualified physician experienced in age management and hormone replacement therapy.

Expected Results

In addition to disease prevention, there are many positive health improvements that can be expected to include:

Fat loss and leaner body

Improved energy

Increased libido and sexual function

Higher concentration

Improved sleep

Enhanced strength

Medical managed TRT should not be confused with abuse of anabolic steroids by athletes resulting in aggressiveness and hyper sexuality. Such

abuse involves medically unsupervised dosages that far exceed TRT for the treatment of andropause, and can result in levels of testosterone far beyond normal levels.

TRT, diet and exercise is the proper prescription to restore youthful vitality.



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*Age is nothing but a number.
It is not a way of life.*

The Baucom Institute for Longevity and Life Enhancement is devoted to improving the quality of life as we age. Not all patients qualify for our life enhancing program. Through the use of advanced diagnostic criteria we ascertain which clients qualify to participate in the program and which clients may need referral to other specialists to first address areas of concern.

Once a therapeutic program is started, we monitor laboratory findings over specified times to assure safe application of regenerative therapy and measure results. One of our best measures is the youthful revitalization felt by the patient.

Do I have Andropause?

The passage to middle age is a complicated phase of life. Not all men going through this phase of life will experience it the same way, as everyone is different. There are many changes and challenges during this phase of life to include: personal, family, work, economic, social, etc. It can be difficult therefore to differentiate the symptoms of andropause with symptoms of changes in your life that are unrelated to andropause. The following quiz may help. Answer each question with a YES or NO. No need to cheat yourself, so be very

honest with your answers.

- 1. Do you have a lack of energy?**
- 2. Do you have a decrease in your sex drive (libido)?**
- 3. Are your erections less strong?**
- 4. Do you have a decrease in strength and/or endurance?**
- 5. Do you find it harder to concentrate?**
- 6. Do you fall asleep after dinner?**
- 7. Are you more sad or grumpier than usual?**
- 8. Have you lost height?**

9. Have you noticed a recent deterioration in your ability to play sports?

10. Have you noticed a decreased enjoyment in life?

If you answered YES to three or more questions to include question number 2 or 3, you may be a candidate for the treatment of andropause. If so, The Baucom Institute may be your best alternative for diagnosis and treatment. Otherwise, discuss your symptoms with your physician and feel free to share this information with them.

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