Andropause

James Biddle, M.D.
Andropause

- Men + Age = ↓ Testosterone Levels

- Andropause (Male Menopause)
  - Ages 50- 70
This is simply an educational presentation and is not intended to diagnose or treat any individuals. Diagnosis and treatment of any disease should be done by a licensed health-care practitioner in an office setting.
Asheville Integrative Medicine
Evolving the Standard of Health Care for All, While Empowering You to Enjoy Optimal Health.

832 Hendersonville Road, Asheville, NC 28803
828-252-5545
www.docbiddle.com
Who We Are…

Physician-Selected Nutritional Supplements
832 Hendersonville Road, Asheville NC 28803
828-210-0188
www.nutrientsetc.com
Who I am…..

- BA in Biology 1984, University of Missouri – Columbia (genetics & evolution).
- M.D. 1989 @ University of MO – Columbia.
- **Internal Medicine** 1992 in Portland OR – Board Certified; recertified in 2002 and 2012.
- Practicing Integrative Medicine in Asheville since 1997.
What I do….

“Integrative Medicine”

Holistic, Nature’s Template, Scientific, Orthomolecular, Sherlock Holmes…

- Bio-Identical ‘Natural’ Hormones
- Diabetes and Nutrition
- Cardiovascular Support
- Allergies, ADD, Autism
- Arthritis and Fatigue
- Toxic Metal Syndromes
- “Challenging Cases”
Age and Testosterone Levels

![Graph showing the relationship between age and testosterone levels.](image-url)
Testosterone Deficiency

- Loss of muscle mass
- Increasing Fat Mass
- Fatigue
- Loss of Libido
- Erectile Dysfunction
- Penile Shrinkage
- Gynecomastia
- Prostate Problems
Symptoms may occur more frequently after vasectomy because of anti-sperm anti-bodies.

- May face higher risk of dementia, Primary Progressive Aphasia (loss of language skills).
- Of 47 men with PPA, 40% had vasectomy, compared with 16% of 57 men without PPA.

Vasectomy and Dementia

- Primary Progressive Aphasia – nerve cells die in brain region responsible for language skills.
  - Difficulty with name recognition, speech, reading, writing, and comprehension.

- Caused by Sperm Antibodies?

Excess Estrogen

- Less Testosterone = Excess Estrogens
- Aromatase from fat cells
  - Excess body fat = excess female hormones
- Prostate tissue growth
  - BPH – Benign Prostatic Hypertrophy
  - Prostate Cancer
Hypogonadism is present in 5% of males aged 40-50, but in up to 70% of males older than 70.

Four Causes of Erectile Dysfunction:

1. Testosterone Deficiency.
2. Peripheral Vascular Disease.
4. Psychological.
“Testosterone Linked to MI Death”:
In 22 non-diabetic men with AMI, those with death or CHF had lower testosterone levels.

In another study, exogenous testosterone improved the symptoms of angina.

>Endocrine Society Annual Mtg. Pugh, Peter, Univ of Sheffield, England.
Testosterone:
“…in men selected for coronary arteriography, age, HDL-C, and FT (Free Testosterone level) may be stronger predictors of degree of CAD than are blood pressure, cholesterol, diabetes, smoking, and BMI.”

Declining Testosterone levels predict physical frailty and declining cognitive function, while testosterone replacement can improve cognitive function in older men.

Testosterone Replacement

- May protect against Alzheimer’s dementia.

> *Journal of Clinical Epidemiology* 44:671-684.
> *Proctology National Academic Science USA* 200; 97:1202-1205.
Testosterone Replacement

- Only when system fails to make enough.
- Be careful to begin replacement therapy. Inhibits own testosterone production, may need testosterone replacement indefinitely.
Delay Andropause

- Support man’s own production of testosterone.
- Proper Nutrition and Exercise Fundamental.
Options for Prevention

- Control Your Weight
  - Decrease fat mass
  - Increase Muscle Mass

- Reverse Insulin Resistance

Options for Prevention

- **Tribulus Terrestris (Puncture Vine)**
  - Boost LH production by up to 72%, testosterone by up to 41%.
  - Also boosts Libido and Sperm Production (Chemical Pharmaceutical Institute Literature).
  - 1500mg daily
Options for Prevention

- Block Aromatase:
  - Converts testosterone to estrogens.
  - Arimidex
    - 0.5 mg
    - 2 - 3 times weekly
Options for Prevention

- Block Aromatase:
  - Reduce Alcohol, Boost Zinc, Reverse Obesity.

- Increase Estrogen Excretion:
  - DIM (di-indole-methane), I3C (indole-3-carbanol) & ½ C broccoli sprouts daily.
    - Improve Metabolism of Estrogens.
Options for Prevention

- Block 5-alpha-reductase
  - Saw Palmetto - 160-320mg/day
  - Pygeum Africanum - 30-100mg 2x day
    - 14% B-sitosterol or Phytosterols
  - Stinging Nettles – 300mg 2-3x day
  - Progesterone - 5-10mg in topical cream, or 10-25 mg capsule orally at bedtime
Options for Treatment

- Lower Excess Estrogen
  - Weight Loss!

- Ground Flax Seeds – 2-4 Tbsp daily

- Calcium-D-Glucarate – 500 mg 1-2x daily
Options for Treatment

- Avoid Testosterone Injections, which use synthetic (methyl-testosterone).
- Natural Testosterone Options:
  - Androderm patch
  - Androgel – topical gel
  - Compounding Pharmacy – topical cream, 50-150mg daily
- Always test levels and metabolites!
Options for Treatment

- **Trans-D Tropin**
  - Supports own release of growth hormone.
  - 6 wks, boost release of hGH by up to 1700% at one hour post dose.
  - Works best with aggressive exercise program.
Endogenous hGH Levels (2 weeks apart) per hGH Radio-Immunoassay (ng/ml)
Live Healthier, Live Longer