

Health Highlights: Low testosterone in men
Audio Version

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.
A GRADUAL DROP IN TESTOSTERONE IS A NORMAL PART OF AGING... AND MOST MEN DON'T EXPERIENCE
ANY REAL SYMPTOMS OR PROBLEMS. OTHERS – MAY NOT BE SO FORTUNATE.

THEY MAY NOTICE MUSCLES GETTING THINNER AND WEAKER AND A LOSS OF BODY HAIR OVER TIME. OR –
THE SHIFT CAN BE SUBTLE LIKE MOOD CHANGES... LESS ENERGY... A LACK OF CONCENTRATION OR A LACK
OF SEX DRIVE.

A PRIMARY CARE PHYSICIAN WITH OSF HEALTHCARE SAYS MEN... LIKE WOMEN... EXPERIENCE MAJOR
HORMONAL CHANGES... ESPECIALLY IN THEIR TESTOSTERONE LEVELS AS THEY AGE. SOME CALL IT “MALE
MENOPAUSE.”

Dr. Shitladas Pamnani, (SHIH-TAHL-DAHS) (PAM-NAHN-EE), primary care physician, OSF HealthCare

“Our energy goes down, sex drive goes down, it’s a natural cycle,” says Dr. Pamnani. “Our skin is not the same as
we age, and other body organs, including hormone producing glands, are not functioning as well either as
testosterone levels naturally decline.”

RECENTLY – A STUDY PUBLISHED IN THE JOURNAL ANNALS (**ANN-uhls**) OF INTERNAL MEDICINE REVEALED
THAT LOW TESTOSTERONE IN MEN CAN ALSO LEAD TO AN INCREASED RISK OF DYING. WHILE AGE IS A
MAJOR FACTOR IN TESTOSTERONE LEVELS... ILLNESSES CAN PLAY A ROLE... TOO. TYPE 2 DIABETES AND
OBESITY CAN AFFECT ALL LEVELS... AS CAN TREATMENTS SUCH AS RADIATION THERAPY...
CHEMOTHERAPY AND STEROID MEDICINES.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN.)>>