

How To Treat Male Menopause

Contributed by Webmaster

By Ben Needles

Male menopause or Andropause is a less discussed topics of discussion especially amongst the male population. A mans manhood is often associated with his ability to perform well in the bedroom. Menopause in males are caused by the gradual decline in serum testosterone levels starting at the age of 40. It is a type of hormonal changes wherein the testosterone levels of a man depletes.

Once a mans production of testosterone level goes down, it will bring significant change to a mans life. Depending on how a male individual will react to the situation, it may be an advantage or a disadvantage for him. Here are some of the ways to manage male menopause :

Healthy Lifestyle

Studies has shown that in order for you to combat the symptoms of andropause, you need to establish a healthy lifestyle. By doing so, you can relieve some of male menopause symptoms. By choosing the food you eat, you are most likely be avoiding emotional exhaustion. Foods which contain too much caffeine can heighten nervousness and being nervous is one symptom which you should prevent.

Regular Exercise

Regular exercise should also be taken into account since during andropause stage sudden weight gain will be experienced. Additionally, studies show that exercise helps an individual achieve a more stable emotion.

Herbal Treatment

You may try herbs as a form of treatment on male menopause. There were clinical studies conducted in Europe which confirms success on andropause treatments with the use of herbs. Helpful herbs are saw palmetto, avena sativa, eurycoma longifolia and tribulus terrestris.

Medical Treatment

Minor medical treatment includes intake of capsules and inhalation of lozenges which are common oral treatments to stabilize the testosterone level. Other male individuals have the option to go with testosterone injections since users find it effective. Another preference to even out the levels of testosterone is through the use of transdermal patches which are placed on the skin. Furthermore, a natural testosterone gel may be also be used. Some individuals who have used the gel testified to its effectiveness.

There are medical treatments appropriate for achieving the average amount of testosterone level. Testosterone replacement therapy is an alternative treatment to combat andropause wherein blood tests are being carried out to determine the amount of testosterone needed for it to normalize.

The type of treatment that you will follow depends on your personal preference and how responsible you are in undertaking the treatment option you have decided. However, it is best to discuss your desired treatment options with your physician since having too much of testosterone level is unhealthy.

If you want to overcome male menopause, you need to start with yourself. Acknowledge that you have and do what must be done to continue living the normal and happy life you once have.

About the Author (text) Paul Hata is active in various community programs aimed at providing education, health and jobs to all. Paul has over 10 years experience managing successful multi-million advertising co. Access 1000s of affordable healthcare here - <http://www.earlyplanet.com> and <http://www.tradeplanets.com>

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