ANDROPAUSE facts-fiction-controversies

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40+ MALES as an AGEING SYSTEM

Man's reproduction system does not stop

40+ MEN : SEMANTICS
misleading and confusing terminology

ADAM: androgen deficiency of the aging male
PADAM: partial ...
Male Climacterium: a change of life
ANDROPAUSE: not recognized by the WHO
MAN-OPAUSE: menopause-like condition
Hypogonadism: testosterone below normal range
SLOH: symptomatic late onset hypogonadism

correct terminology
ageing male

INEVITABLE CHANGES

↑↑ fatcells
↓↓ elasticity of all tissues
muscle mass and force
sensitivity
interactions between brain cells
hormonal functions
metabolism changes
sexual needs and prestations

ageing male
complex system:
** personal aspects
emotional-physical-familiar
** social aspects
LEIDING GEVEN

AGEING MALES
change of live

FASE OF “INSTABILITY”
interpersonal changes
family changes
work changes
social changes

LEIDING GEVEN

AGEING MALES

spiritual-psychological changes
occur increasingly with age

mood swings
depression
loss of energy
loss of concentration
Alzheimer
erectile dysfunction

LEIDING GEVEN

NORMAL AGING of SEXUALITY
decrease of:
libido
penis sensitivity
orgasm
ejaculation force
volume of ejaculate

LEIDING GEVEN

AGEING MALES
physical illnesses
occur increasingly with age
diabetes
hypertension
metabolic syndrome
arthrosis
atherosclerosis
osteoporosis
hypogonadism
erectile problems

LEIDING GEVEN

HOLISTIC APPROACH
of
AGEING MALE
needs an exploration of
the different aspects
of ageing (personal and social)
and eventual pathology
HYPOGONADISM is only PART OF THE SPECTRUM

AGEING MEN as a HORMONAL PRODUCTION SYSTEM

- testosterone total
- bound
- bioavailable
- dehydrotestosterone
- DHEA
- oestrogens

AGEING MEN evolution of male hormones

testosterone
*decrease of 1% per year
*increase in SHBG
*decrease in androgen-receptors
*decrease in Leydig cells

loss of day and night variations!

AGEING MEN problems

*** is a “decreasing” level of bioavailable testosterone responsible for symptoms?
*** which is the lowest limit?
*** is this limit relative?
*** which is the trigger for symptoms?
*the absolute value?
*the amount of decrease?

AGEING MEN is the decline of BAT a “disorder”? 

according to the proponents:
a decline in BAT leads in some (all?) cases to: loss of energy
loss of concentration
depression
mood swings
impotence

is the decline of BAT a “disorder”? 

according to the opponents:
symptoms are not specific
no information on
- how common are symptoms?
- how widespread?
- how important are genetics?
lifestyle?
environment?
**AGEING MEN**

_is the decline of BAT a “disorder”?_

according to the opponents:

° increase of depression: not proven
° relation with Alzheimer?

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_Baltimore Longitudinal study (2004)_

574 men followed during 19y

**no confirmed in other studies**

° increase of depression: not proven
° relation with Alzheimer?

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**there exists probably SLOH**

_symptomatic late onset hypogonadism_

bioavailable testosterone _below limits_ (°)

can probably lead in some patients to

° hot flushes
° depression
° nervousness
° impaired memory
° decrease of libido

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**AGEING MEN**

_increased risks for real hypogonadism_

°°° chronic illness
°°° tumors
°°° alcoholism

°°° dietary aspects
°°° chemotherapy
°°° hormonal treatments

early hypogonadism occurs in

°°° diabetes
°°° hypertension
°°° genetic disorders

(Klinefelter, Wilsen-Turner, Androgen insensitivity syndrome)

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**AGEING MEN**

_treatment possibilities for hypogonadism_

**BEST IS PREVENTION**

regular exercises: (1/2 h walk a day)

dietary changes: reduction fat intake

eventually vit D3 supp

antioxidantia

weight control

stress reduction: take your time

relativation of materialistic values

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**AGEING MEN**

_treatment possibilities for “real” hypogonadism_

_HRT: hormone replacement therapy_

gels (Androgel*–Testim*)

sublingual tablets (Striant*)

concomittant or primary measures

exercises

dietary changes

stress reduction

selective androgen receptor modulators

(Tan and Culberson, 2003)
AGEING MEN

potential complications of HRT

- watch the prostate
- polycythaemia
- sleep apnoe
- gynecomastia
- acne
- liver dysfuction

GOOD NEWS: ageing men are in optimal conditions for a love relation