

“HORMONES IN ANTIAGING”

Chapter 1: Men need hormones too!

Are you getting overweight/Obese? Are you losing muscle tone? Do you get tired easily?

Is your face getting slack or more wrinkled? Is your sexual performance declining?

Are you getting mood swings? Do you get hot flashes/Night sweats?

If yes, then you might be facing “Testosterone deficiency”, undergoing “Andropause (male menopause)” and heading towards premature aging.

Testosterone is not just a “Sex hormone”, It is a “hormone of desire” and should be seen as “total body hormone” affecting every aspect of a man’s life.

The changes seen in aging men such as increased fat mass, loss of lean body mass, decline in energy, strength and stamina, unexplained depression and decrease in sexual desire and performance are all directly related to testosterone deficiency. Other diseases like heart ailment, Stroke, Diabetes/Insulin resistance, Metabolic syndrome, Arthritis, Osteoporosis, Hypertension are all directly or indirectly related to testosterone deficiency in men.

A consistent finding in the scientific literature is that supervised Testosterone (Hormone) replacement therapy in men leads to well balanced endocrine system and produces an increased sense of well being and better quality of life.

Testosterone replacement therapy should be instituted only if the symptoms, clinical features and laboratory parameters are consistent with Testosterone deficiency. The other hormonal imbalances need to be corrected simultaneously. Also, the inadvertent use/abuse of Testosterone Therapy for body building and weight loss is not advisable and should be discouraged.

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