



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at USI Insurance Services

Exercise and weight loss are healthy ways for men to naturally boost their testosterone levels.

THE EFFECTS OF TESTOSTERONE

Testosterone is a powerful hormone found in both the male and female body. In older age, as it decreases in men and increases in women, the incidence of a disease called metabolic syndrome increases. This condition is marked with symptoms such as abdominal obesity, diabetes and high cholesterol.

What is Metabolic Syndrome?

Metabolic syndrome is a cluster of conditions that include increased blood pressure, high blood sugar level, excess body fat around the waist and abnormal cholesterol levels. These conditions occur together increasing your risk of heart disease, stroke and diabetes.

Effects on Women

As testosterone levels progress during menopause, the incidence of metabolic syndrome also climbs at a steady pace. As estrogen levels decrease, increased testosterone can contribute to the formation of cardiovascular disease in post-menopausal women. Females tend to develop the disease approximately 10 years after men, during their menopausal years.

Effects on Men

As a symptom of aging, a man's testosterone levels tend to decline during his 40s—commonly referred to as

andropause or male menopause. As hormone levels decrease, males have more difficulty maintaining physical and mental health, coping with increased fatigue, lower sex drives, and weakened skin, bones and muscles. Testosterone deficiency is also linked with night sweats, insulin resistance, erectile dysfunction, lower ambition, loss of muscle mass and weight gain in the waist. As abdominal obesity increases, males can also develop metabolic syndrome.

Control Methods: Men & Women

Testosterone levels can be controlled by:

- **Stress management**
- **Exercise**
- **Proper nutrition**
- **Dietary supplements**
- **Androgen-replacement therapy**

To determine if you are at risk of developing metabolic syndrome as a result of increased or decreased testosterone, contact your doctor, who can test your hormone levels and prescribe treatment to combat the symptoms of metabolic syndrome.

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