

Andropause



Andropause, also known as testosterone deficiency syndrome, is a biological process that affects many men as they age, characterized by a gradual decline in testosterone levels. This hormone is the main hormone in the male sexual system and plays an essential role in the development and maintenance of secondary sexual characteristics, such as the preservation of muscle and bone mass, sperm production and sex drive.

Age of onset of andropause

From the age of 30, testosterone begins to decline gradually. However, it is not until the age of 45-50 that 50% of men experience the first signs of andropause. By the age of 70, most men will have low testosterone levels.

In contrast to menopause, andropause does not imply the loss of fertility in men, but rather a decrease in fertility. Even after the age of 50 or 60, they can still be fertile and conceive children naturally.

Symptoms

The general symptoms of andropause are often difficult to identify, since, in most cases, they are confused with stress or other causes. The following are the symptoms associated with this process:



- Depression and sleep disturbances.
- Lower sex drive.
- Erection problems.

- Emotional, psychological, and behavioral changes.
- Lower muscle mass and endurance.
- Loss of energy.
- Increased body fat at the central and upper body level.
- Circulatory problems and cardiovascular risk.
- Osteoporosis, weak bones, and low back pain.
- Loss of genital hair.

Diagnostic

Your diagnosis requires a complete medical evaluation that includes the following

- **Blood tests:** to measure testosterone levels.
- **Medical history:** Review of symptoms, family history, and pre-existing health conditions.
- **Additional testing:** If symptoms are ambiguous, tests may be performed to rule out other conditions, such as hypothyroidism or depression.



Treatment

Although there is no cure for andropause, the following strategies may relieve symptoms:

- **Testosterone Replacement Therapy (TRT):** This involves administering testosterone through injections, gels, or patches. This treatment should be supervised by a doctor because of possible side effects, such as cardiovascular or prostate problems.
- **Lifestyle improvements:**
 - **Balanced diet:** Eat a diet high in fruits, vegetables, lean proteins, and healthy fats.
 - **Regular exercise:** Get physical activity, especially strength training.
 - **Stress reduction:** Perform relaxation techniques, such as meditation, yoga, or breathing techniques.
- **Psychological therapy:** Emotional support can be key to coping with mood swings, anxiety, or depression associated with andropause.
- **Supplements and medications:**



Some supplements, such as vitamin D, zinc, and magnesium, can help with overall well-being. Also, medications to treat specific symptoms, such as erectile dysfunction.

Prevention

Although andropause is a natural process, having a healthy lifestyle can delay its onset and reduce the severity of symptoms. This includes:

- Maintain a healthy weight.
- Avoid smoking and excessive alcohol consumption.
- Prioritize quality sleep.
- Perform regular medical checkups.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD

1-844-347-7804

APS Health

787-641-9133

References:

<https://www.reproduccionasistida.org/andropausia-o-menopausia-masculina/>
<https://clincascres.com/la-andropausia-en-hombre-que-es-y-como-afrontarla/>
<https://rocclinic.com/blog/andropausia-lo-que-necesitas-saber-sobre-menopausia-hombres/>

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