

## MALE MENOPAUSE

**'Male Menopause' symptoms are common in up to 40% of males aged between 40 and 50.**

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### Cause

- Low testosterone levels.
- There are many other medical and psychological causes for this range of symptoms such as sleep apnoea, depression etc.

### Symptoms

- Often vague and non specific.
- The main symptoms are noticeable decline in muscle strength and decline in sense of wellbeing.
- Irritability.
- Fatigue.
- Difficulty concentrating.
- Excessive sweating.
- Lack of sex drive.

### Treatments

- Due to the vagueness of symptoms associated with male menopause a full check up and pathology testing is required before a diagnosis of low testosterone can be made and treatment prescribed.
- Treatment is tailored to individual men and may include: skin gels, injections or implants.

If you have signs/symptoms of male menopause or would like to book for a health check up, please contact Dr Michael Gillman.