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Menopause in men, which is also known as andropause, is a phase which every man has to undergo in his life and for that reason, doctors, physicians and specialists have come up with the treatment of andropause hormones for men to deal with these symptoms more easily. These symptoms occur usually from the forties, although, some cases have also been reported where these symptoms occurred in the late thirties as well.

Androgens are male hormones which are responsible for various masculine traits like shoulder widening, growth of facial hair, voice change and so on. With age, the level of secretion of these hormones fluctuates. The common andropause symptoms include:

â€¢ Decline of sexual fervour.

â€¢ Weight gain.

â€¢ Fatigue.

â€¢ Depression.

â€¢ Insomnia and sleep irregularity.

â€¢ Forgetfulness.

There are many ways by which andropause can be treated in men:

â€¢ Hormone replacement therapy is the most popular way of treating andropause. In this method, the doctor provides hormones to these patients in external forms like injections, tablets and so on. The dosage varies from person to person depending upon blood test reports.

â€¢ A doctor prescribes healthy lifestyle to a patient undergoing andropause. A patient is prescribed to limit alcohol consumption, quit smoking, have a healthy and balanced diet, eat calcium rich and low fat food, and have multivitamins regularly. These lifestyles may reduce the andropause symptoms.

Although many people opt for natural and alternative treatment, it is best to go for clinical treatments as the recovery rate is much faster and the result is guaranteed. Once the hormonal level is brought down to normal, one may opt for the natural treatments to maintain it.

It is best to treat andropause at the first stage or as early as detected and should not be left untreated because it may lead to critical health complications further.

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James Blee - About Author:
For more information on a andropause , check out the info available online at http://www.angelmedcenter.com/andropause-hormones-testosterone.html

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