Article published on January 18th 2012 | Health

Like women, men also suffer aging problems. However, they do not experience a complete shutdown of the reproductive system but a steady decline in production of male hormones called Testosterone. This reduction in male hormones is termed as andropause . It is responsible for sexual desires and building protein in the male body. Testosterones also produce erections and contribute to several metabolic functions including bone formation, liver function, prostate gland growth and production of blood cells in bone marrow.

Symptoms of Andropause:

Sometimes, this hormonal dysfunction is caused due to acute testicular failure in adult men. However all men do not show these changes as they age. It is also important to remember that symptoms do not appear to the same degree in all men as some of them may be suffering from more than one symptom at a time. Various symptoms of Andropause are:

â€¢ Decrease in body hair due to increased level of adrenaline and cortisol.

â€¢ Diminished sexual desire and erection because of decreased androgens.

â€¢ Sudden mood changes because of low intellectual activity, fatigue, depression, anger and poor spatial orientation.

â€¢ Muscle loss due to conversion of muscle fibers into fat as a result of motor neurons.

â€¢ Night sweats due to malfunctioning of hypothalamus which receives false signals regarding over heating of the body and reacts immediately to expel out this heat in form of sweat.

â€¢ Reduced bone density due to osteoporosis.

â€¢ Decrease in body mass along with the decreases in muscle mass and strength.

â€¢ Loss of memory due to decline in testosterone levels.

â€¢ Increase in fat surrounding the internal organs because of high levels of cortisol.

â€¢ Depression caused by deficient testosterone levels which can further lead to hypogonadism.

Apart from the above mentioned symptoms, there are several other causes for andropause like viral infections, surgical injury to testis, genetic abnormalities, chemotherapy, pituitary tumors, diabetes and problems caused due to heavy smoking. This is curable and a person leads a normal life after it gets cured. Contact your doctor immediately if you see any signs of Andropause. Stay healthy and live long.

Article Source:
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For more information on a andropause , check out the info available online; these will help you learn to find the a andropause hormones!

Article Keywords:
andropause

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