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Testosterone for Men

If you are a male suffering from diminished sexual function, low mood, fatigue and difficulty losing weight, you are not alone. While this might result from low testosterone levels, immediate treatment with testosterone might not be the wisest option.

Scientific research shows that taking testosterone can lead to small improvements in satisfaction with erectile function and moderate improvements in libido or sexual desire. It is mostly beneficial for men with low baseline testosterone levels.

Testosterone can also help with weight loss by boosting muscle and reducing fat.

Testosterone treatment has been shown to improve bone strength and assist with alleviating depression. While testosterone levels decline gradually with ageing, they diminish more dramatically in unhealthy men who are overweight.

Unfortunately taking testosterone is not without risk. One recent review of clinical trials indicates that testosterone can lower HDL, the beneficial cholesterol, raise hemoglobin and heamatocrit, making the blood thicker, and increases a protein called thromboxane, all of which heighten the risk of developing blood clots and stroke, as well as constricting blood vessels, leading to a heart attack. The review concludes that testosterone could improve sugar or glucose metabolism, reduce depression, treat sexual dysfunction and boost bone density, but cautions that the benefits need to outweigh the potential harms.

On the contrary another review highlights studies connecting low testosterone with increased heart disease risk with testosterone treatment obviating this risk.

With regard to prostate cancer the most serious concern, while for the most part the research suggests that taking testosterone does not increase cancer risk, one study highlighted in my e-Book '[The Wellness Guide to Preventing the Diseases of Ageing](#),' suggests an increased risk of developing prostate cancer. Anyone administering testosterone needs to be aware of this possibility.

What the above reviews indicate is the need to be cautious and vigilant when boosting testosterone status. Rather than immediately supplementing with testosterone when levels are low, often times the knee jerk reaction, more dividends might be forthcoming from [investigating the underlying reasons for low testosterone levels](#) and treating these.

In the case of the overweight male, a not uncommon occurrence, fat cells release a salvo of inflammatory molecules which not only interfere with the production and function of testosterone but also with that of all other hormones, culminating in fatigue and emotional dysfunction. Excess fat elevates cholesterol levels and raises the odds of developing heart disease, diabetes and cancer. Reducing fat and dousing inflammation would be the most judicious opening gambit way before testosterone treatment is entertained.

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