

Module 3, Lesson 6 Handout:
Andropause Cheat Sheet

It may be commonplace for you to discuss menopause with your female clients, and perhaps you can't imagine doing so with your male clients. But men experience hormonal changes too - they just aren't as predictable, well-defined or talked about as they are in women. In the Men's Health lessons, you'll learn more about the specifics behind the male sex hormones, symptoms of hormonal changes and interventions for these often uncomfortable and undesirable changes. Below are some definitions and need to know statistics to understand what your male clients are facing during this time.

Andropause represents a significant decline in testosterone production and is seen in 20% of men over age 60 and 30% to 50% of men over age 80. Testosterone levels decline at the rate of 1% per year during the male life cycle, starting around age 30. This decline typically goes from around 600 ng/ml during their 30's, to 400ng/ml later in life during their 80's. If men have a total testosterone level less than 200 ng/ml, this clinically indicates hypogonadism. If there are symptoms associated with this decreased testosterone concentration, as listed below, this is an indication of andropause. It's important to note that even though andropause is sometimes referred to as "male menopause," not every male will experience andropause (unlike menopause in women which we know is universal.)

Symptoms include decreased muscle mass and strength, decreased bone mineral density, low libido, erectile dysfunction, decreased energy, depression and cognitive impairment.

Testosterone levels have been linked to average life expectancy on a global scale, and testosterone is one of the factors in why men have a shorter lifespan than women. Among large developed countries, the U.S. has the lowest life expectancy for males (76.1 years). The developed countries that have the highest life expectancy for males are Japan (81.1 years), followed by Australia (80.5 years), Canada (79.9 years), France (79.6 years) and the United Kingdom (79.5 years).

Just like with your female clients, you should pay attention to all 8 pillars of a Nutritious Life when working with your male clients. Sleep in particular is super important as research has found a strong association between sleep apnea and decreased testosterone levels. Meet your clients where they are at and work with them to build healthy habits including changes in diet, exercise, hydration, stress management and sleep to combat the changes they are facing during andropause due to a lower testosterone supply.