

My Drift

Title: Testosterone

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Well, I just realized my health and manhood are in real jeopardy!

Yes, Dr. Charles Arakaki, Medical Director of the Universal Men's Clinic, has been on TV and the radio about every 30 minutes telling us men that testosterone is the cornerstone of a man's health. He says that after age 30, we can lose about 2% of our testosterone every year.



The good doctor goes on to say that low testosterone levels or “Low T” can cause a multitude of men health issues including:

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|----------------------------------------|----------------------------------------------|
| 1. Low sex drive or low libido | 7. Loss of muscle mass and strength |
| 2. Erectile dysfunction (ED) | 8. Increased body fat |
| 3. Low semen volume | 9. Increased breast size |
| 4. Shrunken and softened testes | 10. Decreased bone mass |
| 5. Hair loss | 11. Mood changes such as irritability |
| 6. Fatigue or low energy | 12. Depression |

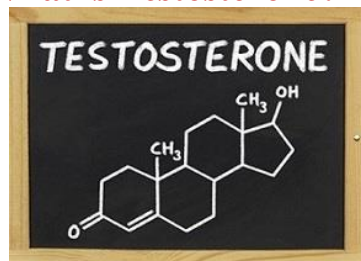
None of these things sounds good to me so I did the arithmetic to see what my testosterone level might be. This is my 78th year on earth so that is 48 years after age 30. If I lose 2% of my testosterone every year, it means I may have lost 96% of my testosterone. If I live another two years to age 80, I will be completely out of testosterone. Oh no!! What then? It is time to learn more about this so-called cornerstone of a man's health.

Testosterone is responsible for:

				
BONE	MUSCLE	BRAIN	SEX	SKIN
bone density and red cell production in bone marrow	muscle formation, mass and strength	brain function, aggression, mood and sex drive (libido)	erectile function, prostate growth, sex organs, and sperm production	skin, body hair, facial hair, and baldness

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What is Testosterone?



The chemical structure of testosterone

Testosterone is a male sex hormone that is important for sexual and reproductive development. The National Institutes of Health regards testosterone as the most important male hormone. Women also produce testosterone, but at much lower levels than men.

Testosterone belongs to a class of male hormones called androgens, which are sometimes called steroids or anabolic steroids. In men, testosterone is produced mainly in the testes, with a small amount made in the adrenal glands. The brain's hypothalamus and pituitary gland control testosterone production. The hypothalamus instructs the pituitary gland on how much testosterone to produce, and the pituitary gland passes the message on to the testes. These communications happen through chemicals and hormones in the bloodstream.

Testosterone is involved in the development of male sex organs before birth, and the development of secondary sex characteristics at puberty, such as voice deepening, increased penis and testes size, and growth of facial and body hair.

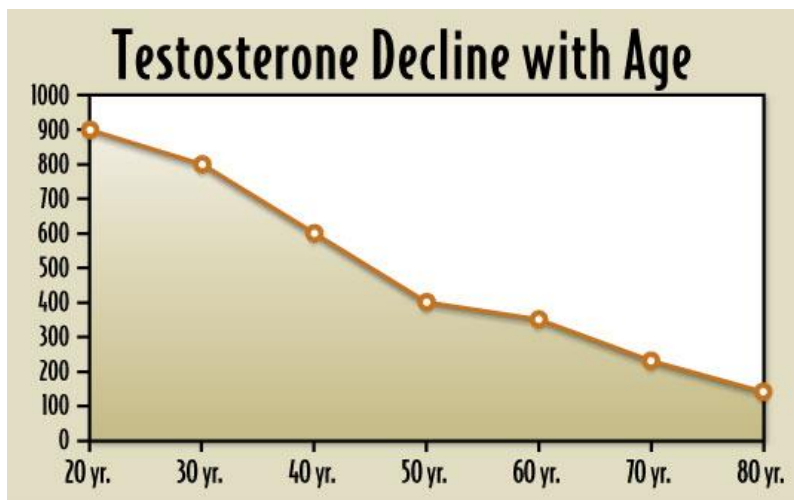
The hormone also plays a key role in sex drive, sperm production, fat distribution, red cell production, and maintenance of muscle strength and mass. For these reasons, testosterone is associated with overall health and well-being in men.

In women, the ovaries and adrenal glands produce testosterone. Women's total testosterone levels are about a tenth to a twentieth of men's levels.

What are normal, average, and healthiest “total” testosterone levels in men?

The total testosterone test measures testosterone that is bound to proteins in the blood (e.g., albumin and sex-hormone binding globulin [SHBG]) as well as testosterone that is not bound (free testosterone).

In general, the normal range in males is 300 to 1100 nanograms per deciliter (ng/dL) with an average level of 680 ng/dL. A normal male testosterone level peaks at about age 20, and then it slowly declines. Testosterone levels above or below the normal range are considered by many to be out of balance. Moreover, most research doctors suggest that the healthiest men have testosterone levels between 400 - 700 ng/dL.



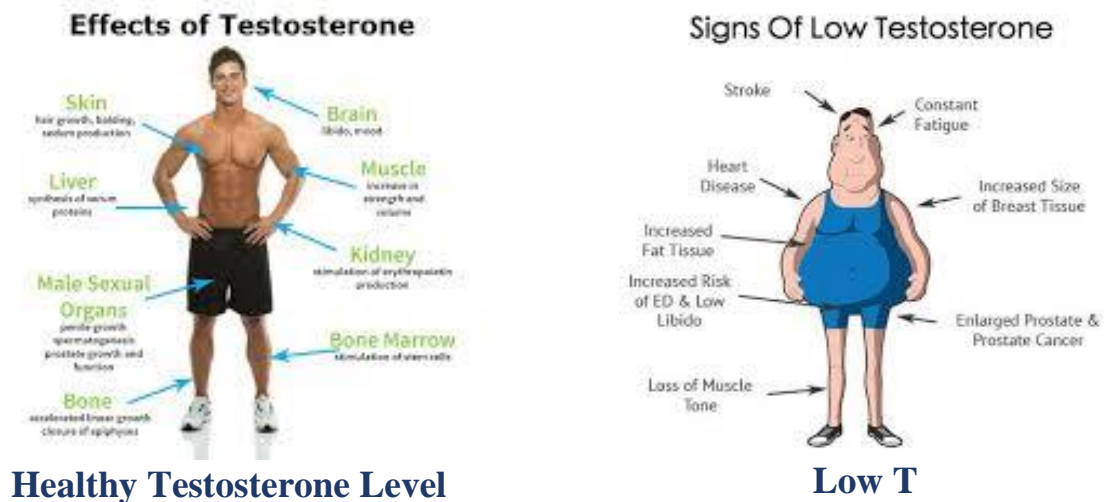
Low Testosterone: How Low is too Low?

The bottom of a man's normal total testosterone range is about 300 nanograms per deciliter (ng/dL). A lower-than-normal level on a blood test can be caused by a number of conditions including:

- Injury to the testicles
- Testicular cancer
- Hormonal disorders
- Infection
- Chronic liver or kidney disease
- Type 2 diabetes
- HIV/AIDS
- Obesity

Some medicines and genetic conditions can also lower a man's testosterone level. As we found out, aging contributes to lower levels. In many cases, the cause of Low-T remains unknown.

A low testosterone level does not always translate to symptoms. But there is usually something wrong when levels get down to 200 or 100 ng/dL. Even if a man does not have symptoms, he may be well advised to seek treatment. Low testosterone levels often lead to drops in bone density, meaning that bones become more fragile and increasingly prone to breaks.



High Testosterone: What Happens when it gets too High?

As we get older, under normal circumstances, having a high testosterone level is very rare.



Barry Bonds

MLB Records: 762 Career Home Runs – 73 Home Runs in one Season



Roger Clemens

7 times Cy Young Award (1986, 1987, 1991, 1997, 1998, 2001, and 2004)

Remember, testosterone is a steroid. It is a proven fact that taking steroids can make you bigger, stronger, and faster. That's why so many athletes take them even though they are illegal in most sports. Just look at pro baseball greats Barry Bonds and Roger Clemens. Bonds hit a lot of home runs and pitcher Clemens won a lot of games, but they cheated by taking steroids and now they can't get into the Hall of Fame.

Testosterone Therapy: Potential Benefits and Risks as you age

Are you considering testosterone therapy to help you feel younger and more vigorous as you age? You should know the side effects and the risks before you make your decision.

I wouldn't mind feeling younger and more vigorous!

For people who are worried about low testosterone, your doctor may perform a blood test to measure the amount of the hormone in your blood. When doctors find Low-T, they may prescribe testosterone therapy, where you take an artificial version of the hormone (anabolic steroids). This is available in the following forms:

- **a gel to be applied to the upper arms, shoulders, or abdomen daily;**
- **a skin patch put on the body or scrotum twice a day;**
- **a solution applied to the armpit;**
- **injections every two or three weeks;**
- **a patch put on the gums twice a day;**
- **or implants that last four to six months.**

In older men with true testosterone deficiencies, testosterone treatment has been shown to increase strength and sex drive. But sometimes, symptoms of erectile dysfunction are due to other conditions. Treating these men with testosterone hormones won't improve symptoms.



Increased Strength



Improved Sex Drive

There are a lot of other claims about what testosterone therapy can do but these are questionable and still being tested. For instance, it was thought that maybe it would help with age-related memory loss. A 2017 placebo-controlled study found that in the 788 older men tested, testosterone treatment did not help at all with age-related memory loss.

It may also become a treatment for anemia, bone density and strength problems. In a 2017 study published in the journal of the American Medical Association (JAMA), testosterone treatments corrected anemia in older men with low testosterone levels better than a placebo. Another 2017 study published in JAMA found that older men with low testosterone had increased bone strength and density after treatment when compared with a placebo.

What are the Risks and Side Effects

If you are over 40, you may have been wondering about testosterone therapy, perhaps due to all the advertisements pushing it. It may sound great to combat the effects of aging, increase muscle mass, give your sex life a lift, and gain back some of the energy you've lost and haven't found, but there are risks associated with testosterone therapy that perhaps you were not counting on. Here are some reasons to avoid testosterone therapy:

Polycythemia is a disease in which the red blood cell volume in your blood goes up because the bone marrow increases production. It also makes your blood thicker and puts you at risk for a heart attack or a stroke. There are several factors that can cause this condition, and one of them is high testosterone levels from taking this hormone.



Testosterone is addictive. It can mess with your brain chemistry. Many men continue to use it even after they experience physical problems caused by the therapy.

When you try to back off, you may experience mood swings, tiredness, insomnia, restlessness, decreased libido, irritability, and the desire for more testosterone. There are also cases of depression that lasted for years after stopping taking testosterone, and that can put you at risk for suicide.

It shuts down your own natural production. If you want more T, then you should realize that taking testosterone therapy will actually shutdown your own natural production, meaning if you stop taking testosterone you will be even worse off than you were before. This can also fuel the addiction cycle and mess with your hormonal balance.

Negative side effects of testosterone therapy. Many men are discouraged to find that it causes them to lose their hair. Testosterone therapy can also cause acne, breast enlargement, increased risk of blood clots, decreased testicular size, aggression, mood swings, and worsening of sleep apnea. Men who are concerned about their prostate health should be aware that it can stimulate prostate tissue and lead to increased urinary symptoms. It can also increase PSA levels and cause lower fertility.

Risk of heart attack

Several studies have shown that testosterone therapy can increase the risk for a heart attack. This is one of the more serious risks of testosterone therapy and one of the top reasons to avoid testosterone therapy. Men with preexisting heart disease are at even greater risk of having a heart attack shortly after starting testosterone therapy.



High testosterone levels can cause problems in women, including irregular menstrual cycles, increases in body hair and acne, and a deepening of the voice. Women with polycystic ovarian syndrome have high levels of male hormones, including testosterone, which can be a cause of infertility.

Before you start testosterone therapy, you need to ask yourself if the risk is worth it!

Conclusion

Well, I asked myself if it is worth it to have more strength and a greater sex drive? After reading about the risks and side effects of testosterone therapy (taking steroids), I will pass on this idea.

Dr. Arakaki looks like he is taking a high dose of steroids – don't you think? For some reason, he never mentions the risks and side effects of testosterone therapy.

Although men over 30 can lose up to 2% of their testosterone, the average is 1%. So, I have recomputed my testosterone level. The average testosterone level for a 30-year old man is 680. I'm sure that I'm at least average. This means that I have lost about 48% of my testosterone at my current age leaving me with a level of 354. I will take my chances with whatever my testosterone level is and hope I can keep my manhood for a few more years. **Amen!**

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