

Understanding Hormone Changes in Older Men: What to Expect and How to Manage



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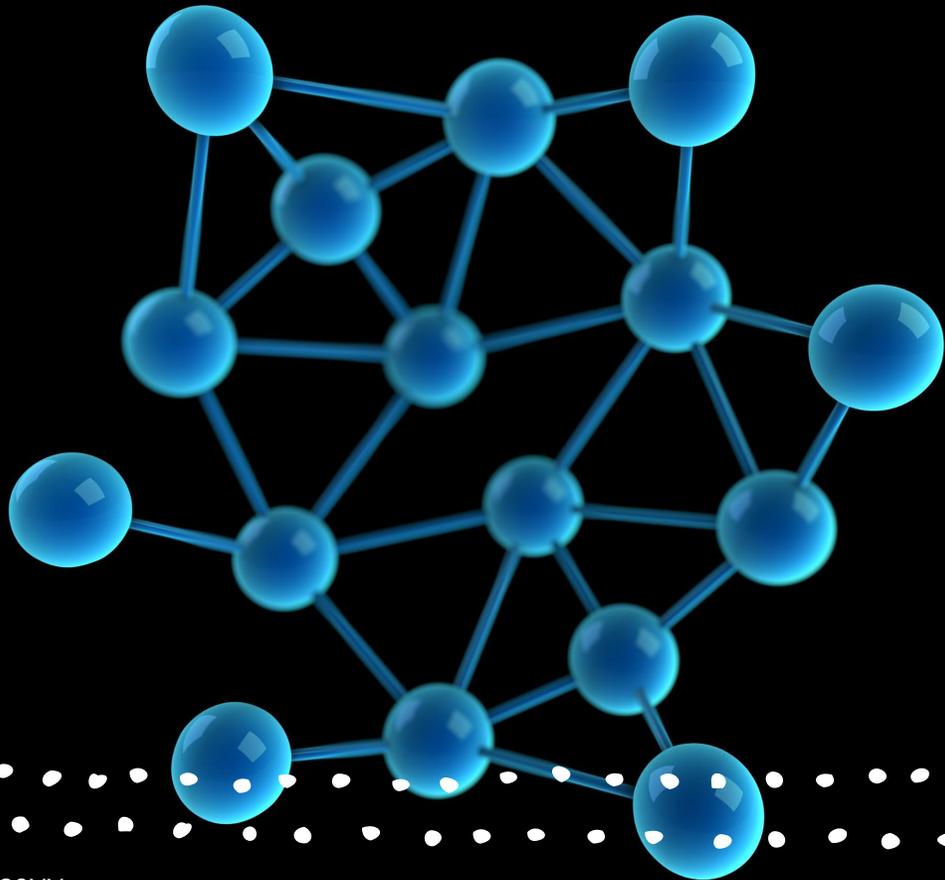
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Key Topics to Explore

- Overview of Male Hormones and Aging
- Common Hormonal Changes in Older Men
- Physical and Emotional Effects of Hormonal Changes
- Diagnosis and Treatment Options
- Healthy Aging and Prevention Strategies

Overview of Male Hormones and Aging

Key Male Hormones and Their Functions



Testosterone Role

Testosterone supports muscle mass, bone density, sexual health, and overall male vitality.

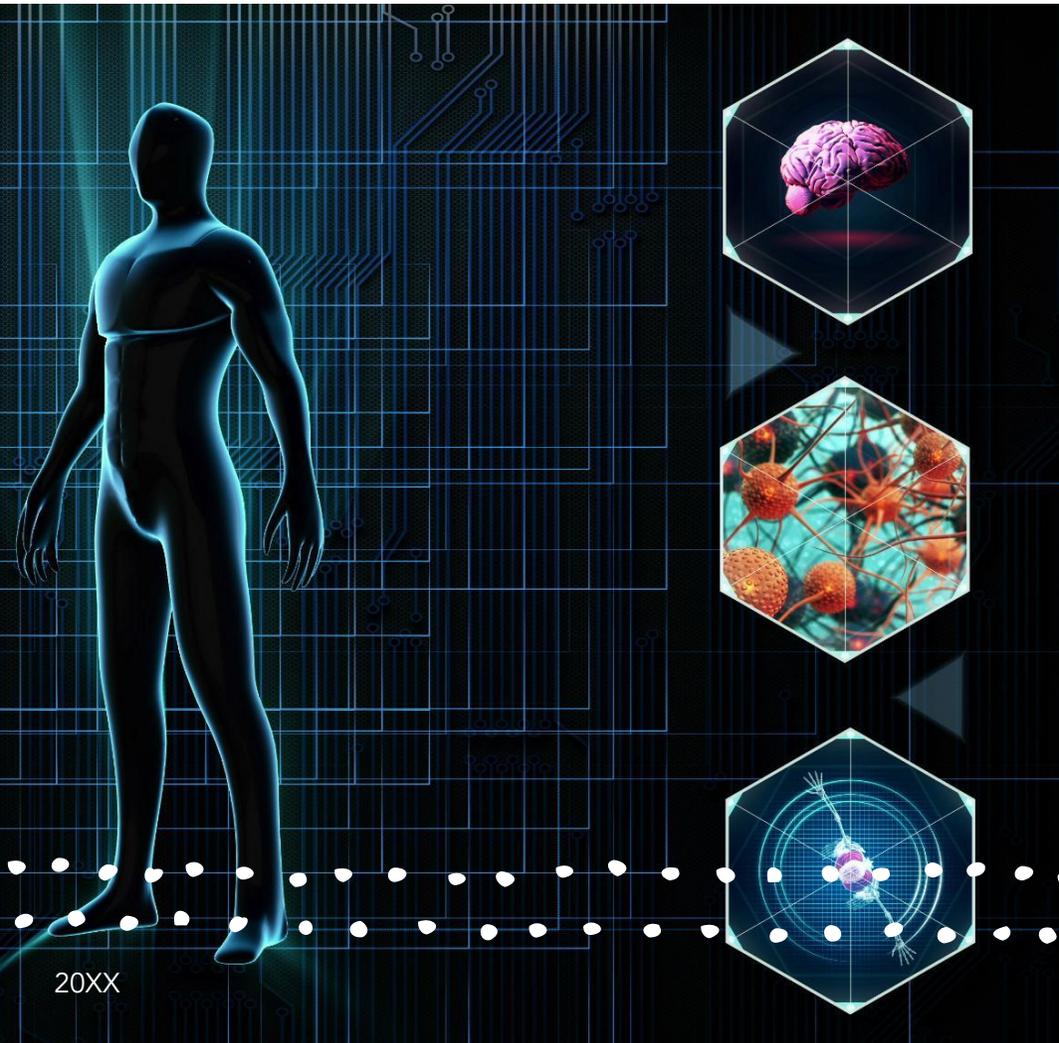
DHEA Functions

DHEA contributes to energy levels, mood regulation, and supports sexual health in men.

Growth Hormone Benefits

Growth hormone promotes muscle growth, bone strength, and overall physical development.

Natural Hormonal Changes with Age



Decline in Hormone Production

Hormone production decreases gradually as men age, with testosterone levels experiencing significant decline

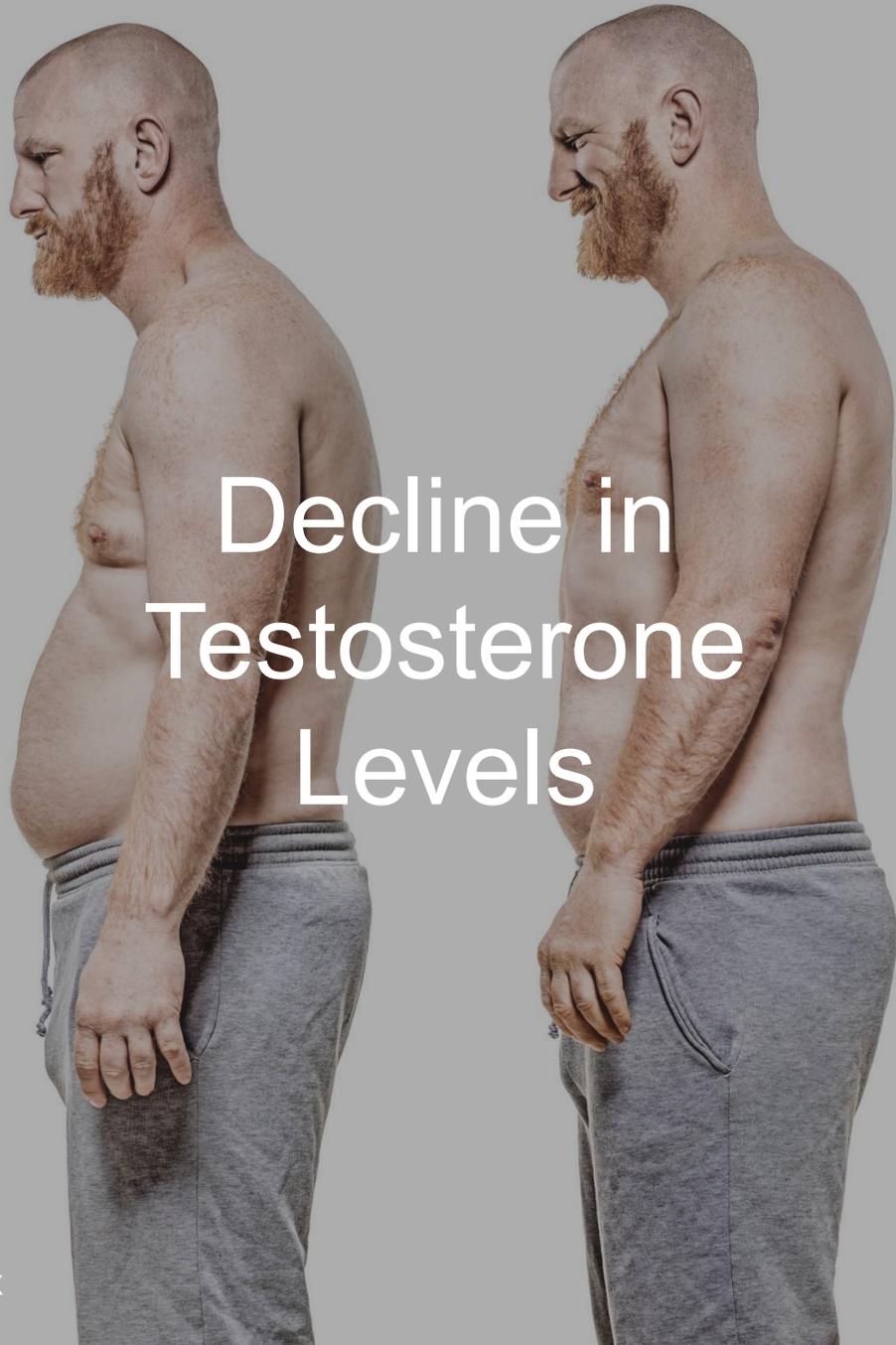
Physiological Changes

Lower testosterone leads to physical changes including reduced muscle mass and energy levels in aging men.

Emotional Changes

Hormonal shifts contribute to emotional changes such as mood swings and decreased motivation during aging.

Common Hormonal Changes in Older Men



Decline in Testosterone Levels

Age-Related Decline

Testosterone levels decrease approximately 1% annually after age 30, impacting overall male health.

Effects on Muscle Mass

Reduced testosterone contributes to loss of muscle mass and strength with aging.

Impact on Libido and Energy

Lower testosterone levels can result in decreased libido and reduced energy levels.

Changes in Other Hormones Such as DHEA and Growth Hormone

Decline in DHEA Levels

DHEA levels decrease with age, impacting metabolism and reducing immune system efficiency.

Reduction in Growth Hormone

Lower growth hormone levels contribute to decreased vitality and slower metabolic processes.



Symptoms Associated with Hormonal Shifts



Fatigue and Weakness

Hormonal changes often cause persistent fatigue and loss of muscle strength, affecting daily activities.



Mood Changes

Hormonal shifts can lead to mood swings, irritability, and emotional instability needing attention.

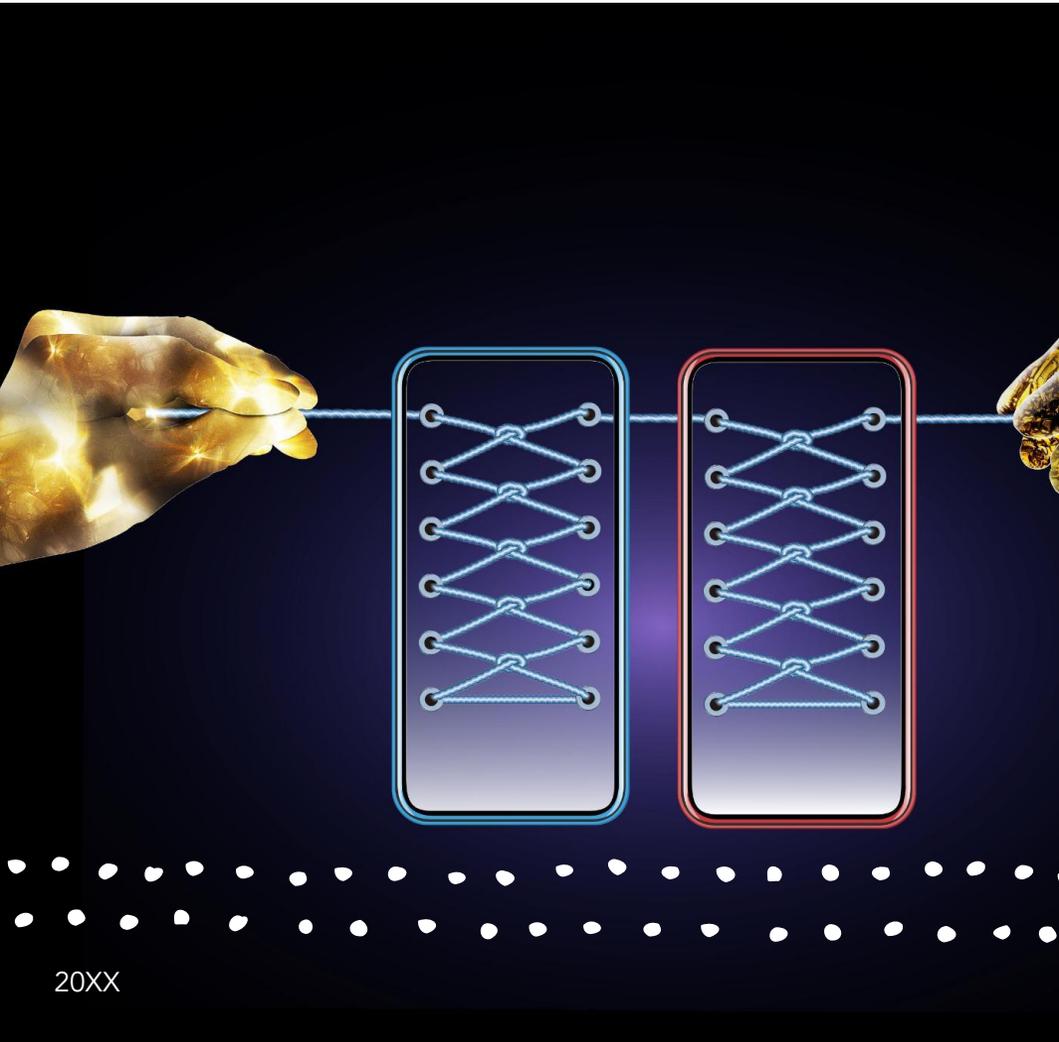


Decreased Sexual Function

Reduction in sexual desire and function may occur due to hormonal imbalance, signaling evaluation.

Physical and Emotional Effects of Hormonal Changes

Impact on Muscle Mass and Bone Density



Hormone Levels and Muscle Loss

Reduced hormone levels lead to a significant decline in muscle mass, weakening physical strength.

Bone Density Reduction

Lower hormones decrease bone density, making bones more fragile and susceptible to fractures.

Increased Frailty and Fracture Risk

Muscle loss and weaker bones together raise the risk of frailty and fractures in individuals.



Changes in Sexual Health and Libido

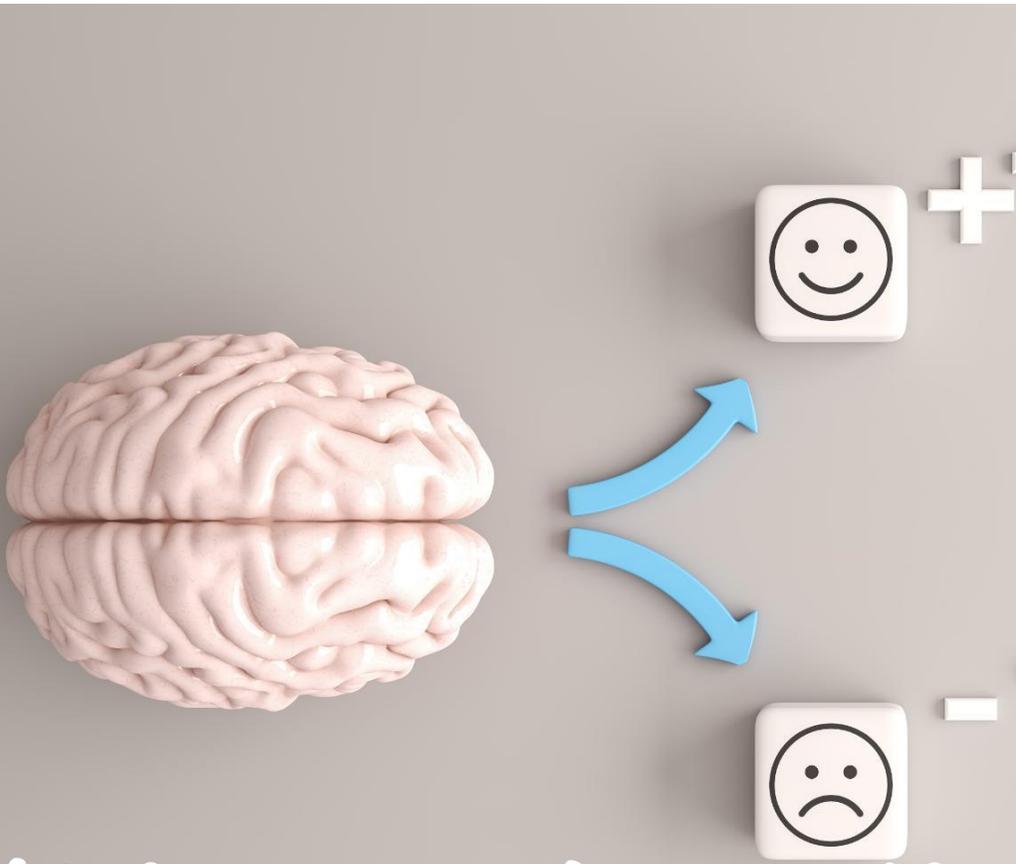
Testosterone Decline Effects

Declining testosterone levels often cause reduced sexual desire and performance challenges.

Impact on Intimacy

Lower libido and erectile difficulties can negatively affect personal relationships and emotional well-being.

Mood, Cognitive Function, and Emotional Well-Being



Mood Swings and Irritability

Hormonal imbalances in men can cause frequent mood swings and increased irritability affecting daily life.

Depression Symptoms

Men may suffer from depression linked to hormonal changes, impacting their emotional well-being.

Cognitive Decline Risks

Hormonal imbalances can contribute to cognitive decline, impairing memory and thinking skills in men.

Diagnosis and Treatment Options

Recognizing Symptoms and When to Seek Help



Persistent Fatigue Awareness

Persistent fatigue may indicate underlying health issues requiring medical attention and evaluation.

Mood Changes

Noticeable mood changes can be a sign to seek help from healthcare professionals for proper diagnosis.

Sexual Dysfunction

Sexual dysfunction is an important symptom that men should discuss with healthcare providers promptly.

Testing and Diagnosis of Hormone Levels



Hormone Blood Testing Importance

Blood tests provide accurate measurement of hormone levels essential for diagnosis and treatment planning.

Common Hormones Measured

Tests commonly measure testosterone, DHEA, and other hormones to assess endocrine function and health.

Guiding Therapy Choices

Hormone level results help medical professionals tailor therapies to individual patient needs effectively.

Lifestyle, Medical, and Hormone Replacement Therapies



Lifestyle Changes

Adopting healthy habits such as exercise and balanced diet plays a crucial role in managing health conditions effectively.

Medication Management

Medications are prescribed to address specific health issues and improve overall well-being based on individual risks.

Hormone Replacement Therapy

Hormone replacement therapy is customized to individual needs to balance hormone levels and alleviate symptoms.

Options

| How it's given | Brand Name | Notes |
|----------------|---|--|
| Gel or liquid | AndroGel, Testim, Vogelxo | Put the gel or liquid on your skin once a day. Depending on the type, the gel or liquid can go on your upper arm, shoulder, belly, thighs, or armpits. |
| Injectable | Depo-testosterone, Azmiro, Aveed, Xyosted | Depo-testosterone, Azmiro, and Aveed are given into the buttocks muscle. Xyosted is given into the belly, under the skin. |
| Oral Capsule | Jatenzo, Kyzatrex, Tlando, Undecatrex | Might be taken once or twice a day. |
| Nasal Spray | Natesto | Nose spray is given 3 times a day. |
| Implants | Testopel | This medicine comes as tiny pellets that are implanted under the skin of the buttocks, belly wall, or thigh. This is done every 3 to 6 months. |

Risks

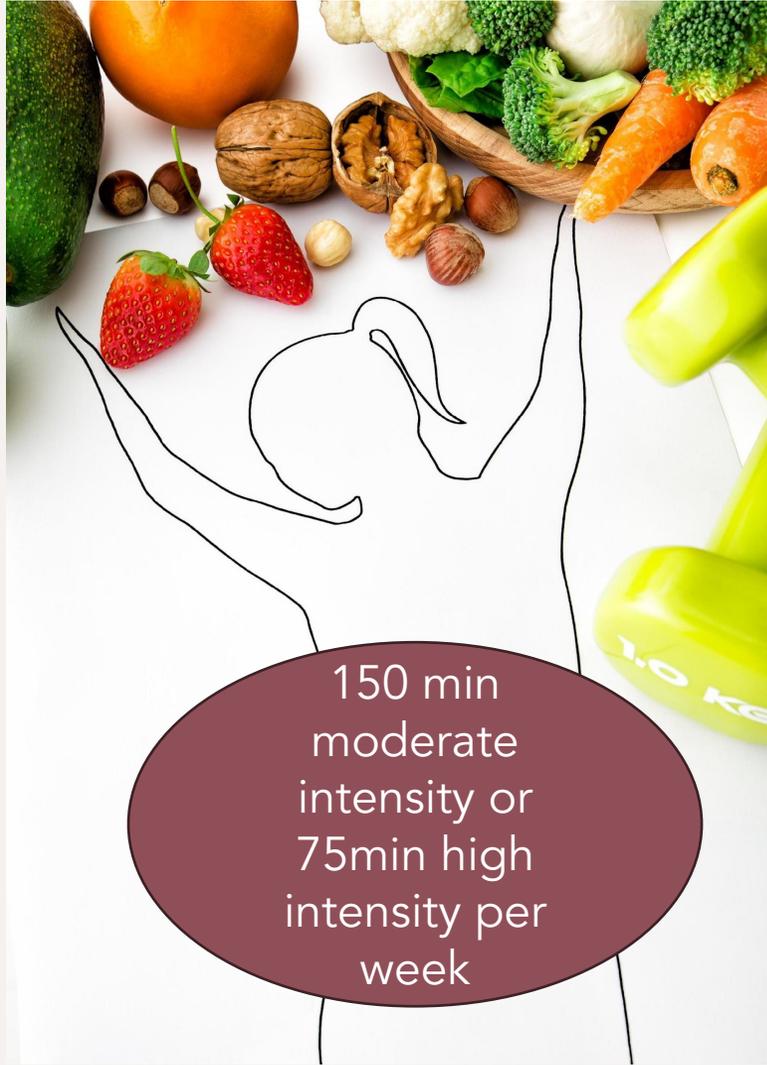
- Polycythemia (rarely clots)
- Acne
- Mood Swings
- Gynecomastia

- Prostate Cancer?



Newer studies show no risk of CVD but does come with risk if goal is to raise levels above normal limits

Healthy Aging and Prevention Strategies



Importance of Regular Exercise and Nutrition

Supports Hormone Production

Regular exercise and good nutrition help regulate hormone levels essential for overall health.

Enhances Muscle Strength

Physical activity builds and maintains muscle strength for improved physical function.

Improves Metabolic Health

Balanced diet combined with exercise boosts metabolism and supports healthy body weight.

Managing Stress and Sleep

Importance of Adequate Sleep

Getting enough restful sleep is essential for maintaining hormonal balance and supporting emotional health.

Stress Management Techniques

Techniques such as meditation and deep breathing help reduce stress and promote emotional well-being.



Routine Checkups and Ongoing Health Monitoring

Importance of Routine Checkups

Regular checkups help detect hormonal imbalances early, allowing timely medical intervention.

Ongoing Health Monitoring

Continuous health monitoring ensures optimized management of hormonal health and overall wellbeing.



Conclusion: Navigating Hormonal Changes for Healthy Aging

Hormonal Changes Awareness

Recognizing hormone fluctuations in aging men helps in managing health proactively and reducing symptoms.

Lifestyle Interventions

Adopting healthy lifestyle habits supports hormone balance and promotes vitality in older age.

Medical Support Options

Medical treatments and therapies provide effective options to manage symptoms related to hormonal decline.



**WEEKLY
WORKOUT
OPTIONS**



F3 JEFFERSON CITY

F3 MONDAY 5A-5:45A
South Lawn of Missouri Capitol / 201 W. Capitol Ave.

THE ABYSS MONDAY 5:15A-6A
NE Parking Lot at TJ Middle School / 1201 Fairgrounds Rd.

F3 TUESDAY 5A-5:45A
Parking Lot at St. Joseph Cathedral / 2303 W. Main St.

AMBUSH TUESDAY 5:15A-6A
SE Parking Lot at The Linc / 1299 Lafayette St.

F3 WEDNESDAY 5A-5:45A
South Lawn of Missouri Capitol / 201 W. Capitol Ave.

THE ABYSS WEDNESDAY 5:15A-6A
NE Parking Lot at TJ Middle School / 1201 Fairgrounds Rd.

F3 THURSDAY 5A-5:45A
Parking Lot at St. Joseph Cathedral / 2303 W. Main St.

AMBUSH THURSDAY 5:15A-6A
SE Parking Lot at The Linc / 1299 Lafayette St.

F3 FRIDAY 5A-5:45A
South Lawn of Missouri Capitol / 201 W. Capitol Ave.

THE ABYSS FRIDAY 5:15A-6A
NE Parking Lot at TJ Middle School/1201 Fairgrounds Rd.

AMBUSH SATURDAY 6:15A-7A
SE Parking Lot at The Linc / 1299 Lafayette St.

F3 SATURDAY 7:30A-8:15A
South Lawn of Missouri Capitol / 201 W. Capitol Ave.

F3 SUNDAY 6:30A-7:15A
Freedom Ruck at Memorial Park / 111 Memorial Park Dr.

FIVE CORE PRINCIPLES



Free of Charge
Never pay to workout, ever.



Open to all Men
No matter the man, you are welcome here.



Held Outdoors
Rain or Shine, Hot or Cold, we are out there.



Peer Led
Rotating fashion of men leading each other.



Ends with a COT
Always ends with a Circle of Trust.

Also!
Sunday 0535 at Memorial Park –
Yoga

Tipton M, W, F at 0515 at the Tipton
HS

California T, Th at 0515 and Sat 0600
at the California HS

Citations

- Team, T. H. E. (2018, August 23). Hormone replacement therapy for men: What to know. Healthline.

<https://www.healthline.com/health/hormone-replacement-therapy-for-men>

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