

Male Menopause Explained

For [Replenish Wellness Center](#)
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Have you ever heard of the male version of menopause—andropause? Andropause occurs among older men when there is a decline in testosterone. It's not quite the same as traditional menopause, where hormone production takes a steep fall once a woman reaches a certain age. For men, it happens more gradually.

You might experience a lower libido and issues with sexual performance at first. This is what typically prompts you to see a doctor. As the condition progresses, a whole collection of symptoms may surface: extreme fatigue, mood swings, anxiety, memory loss, depression, inability to concentrate, hot flashes, night sweats, weight gain, joint pain, and bladder problems.

Andropause can leave you exhausted. It can rob you of the zest for life that you once had. It's a cascade of symptoms that can significantly change your lifestyle and make you less confident and less motivated than you were before the onset. After all, when you can't be as active as you once were or experience a decline in sexual performance, it's only natural to feel disappointed.

If you're feeling the effects of andropause, you are certainly not alone: over 20% of males over the age of 50 have low testosterone. Testosterone is a hormone that is present in both men and women. Men possess it in large amounts while women possess it in small amounts. Testosterone functions to protect the bones, brain, breasts, heart, and joints of every person. It helps people feel energetic, sharp, and

happy. It also protects against various cancers such as prostate cancer in men and breast cancer in women.

Men ages 30 to 70 will typically experience a 1-3% decrease in testosterone every year. Low testosterone is especially common among men who have diabetes, high blood pressure, sleep apnea, and other chronic diseases. Certain medications for chemotherapy, pain relief, or chronic diseases can also cause low testosterone. Yet it's a condition that's under diagnosed. [Many men who are experiencing andropause don't realize that it's a medical issue and don't ever get treatment.](#)

[The consequences of not getting treatment are missed opportunities.](#) Days, weeks, months, and even years of feeling vigorous and excited about life. A great sex life. An active lifestyle. A buffer against other conditions that may develop from low testosterone including cholesterol issues, hardening of the arteries, and metabolic syndrome.

Fortunately, there are many treatments for andropause—though not all treatments are created equal. [Replenish Wellness Center](#), a medical treatment facility located in Huntsville that specializes in hormone replacement therapy, recommends the treatment that makes patients the most comfortable while minimizing side effects: pellets. One of the other primary treatment options, injectable testosterone, can be more of a hassle than it's worth. Because injectables are absorbed unevenly, it causes a “rollercoaster effect.” You'll feel great for a few days and then crash—and you'll probably need regular injections every 5 to 7 days. Injectables are a 99% synthetic hormone with significant adverse side effects including liver toxicity and heart disease.

The main type of treatment used to treat andropause at [Replenish Wellness](#) is pellets. These are natural, non-synthetic, plant-derived compounds with the same molecular structure of human hormones. Pellets were developed over 75 years ago first to treat women who had radical hysterectomies. Since then, pellets have been in use on five continents and have been the subject of hundreds of studies proving they're safe to use.

Pellets are injected underneath the skin, but these pellets are so small that the patient will barely feel it. Instead of being absorbed unevenly, [pellets release a steady stream of hormones into your blood](#), which means that you won't experience the rollercoaster and the crash like you would with injectables. The treatment also lasts significantly longer than many other options—about 4-6 months. [You'll typically only have to come into the clinic a couple of times a year to get your treatment!](#)

Andropause is **not** just a natural process of aging. That lethargy you feel or other bothersome symptoms can be diagnosed and treated with a natural, plant-derived compound. Get the opinion of a hormone expert at [Replenish Wellness](#) to see if you might be experiencing andropause and what medical interventions you have at your disposal to treat it. There's so much of your incredible life to experience and [there's no reason to let hormones get in the way.](#) Carpe diem! Contact [Replenish Wellness](#) today by [clicking here](#).