

## Andropause

Many of us are familiar with the term menopause: the time in a woman's life when estrogen levels decline.

But what about men?

Men can experience changes in hormone levels with aging as well. Approximately 40% of men over age 40 will have low testosterone levels, and up to ¼ of these men will also experience symptoms of low testosterone. The risk seems to increase as men age.

Decreases in sex drive, depressed mood, irritability and difficulties concentrating are concerns - as are the physical changes such as lack of energy, decreased strength and athletic ability.

Symptoms of low testosterone can overlap with other medical conditions. Therefore, your doctor is your partner in sorting out any symptoms you may be feeling.

### Wondering what you can do?

Talk to your doctor and watch ReelHealth-Andropause.

And remember; always speak with your doctor before making any changes that may impact your health. This information is designed for informational purposes only. It is not designed to replace your doctor's advice.

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### Looking for more information?

If so, visit or contact:

#### **Andropause.ca**

A website focused on andropause, sponsored by Organon Canada Ltd.

[www.andropause.ca](http://www.andropause.ca)

### HealthyOntario.com

A website owned by the government of Ontario, created to enhance and promote the health and wellbeing of all Ontarians.

[www.healthyontario.com/conditions](http://www.healthyontario.com/conditions) (and search under A for andropause)

### Masters Men's Clinic

Burlington Square, 2nd Floor, Suite #408A  
760 Brant St., Burlington, ON,  
L7R 4B8

Tel. 1-877-Mens-Doc or 1-877-636-7362

Fax. 905-639-7647

[www.mastersmensclinic.com](http://www.mastersmensclinic.com)

### The Male Health Centres

[www.malehealth.com](http://www.malehealth.com)

#### » Head Office - Halton

401-1235 Trafalgar Road North  
Oakville, ON  
L6H 3P1  
Tel. 905-338-3130  
Fax. 905-338-3150

#### » Toronto Office

404-960 Lawrence Ave.  
North York, ON  
M6A 3B5  
Tel. 416-256-4433  
Fax. 416-256-7535

### Burlington Urology Resource Centre

404-960 Lawrence Ave.  
North York, ON  
M6A 3B5  
Tel. 416-256-4433  
Fax. 416-256-7535

### Oakville/Mississauga Prostate Cancer Support Group

Wellspring Halton-Peel  
2545 Sixth Line  
Oakville, ON  
Tel. 905-257-1988

[www.wellspring.ca](http://www.wellspring.ca)

### Canadian Cancer Society

[www.cancer.ca](http://www.cancer.ca)