

DR. ELIZABETH LOURENS

M E D I C A L A E S T H E T I C S

science - health - beauty



Are Hormones only for Women?

Dr. Lizette Lourens has just returned from a cutting edge medical conference in Denver, Colorado. The conference featured the latest information on 'Male Hormone Balance'

Are hormones only for Women? No!

"Disease is easy to treat but hard to diagnose early on.
Disease is hard to treat but easy to diagnose later on."

We notice hormone deficiency symptoms in women because it occurs dramatically and over a short period of time. Men, however, experience a gradual decline in their levels, and hence the change in them is only noticed after many years.

As early as age 30, testosterone levels start to decline in men. By the time a man is 54; he has the same level of estrogen as a 59 year old woman. This is because his testosterone level drops and he makes more estrogen. This explains why men are usually calmer, less aggressive and more nurturing as they get older (like Grandpa).

Stress is probably the biggest culprit, turning this natural occurrence into a major health problem. When we are stressed, our bodies make cortisol to enable us to 'fight or flight'. In today's hectic life of 365-24-7 and no down time; this response is not switched off long enough for the body to rest and regenerate. We end up with too much cortisol which causes an increase in sugar that leads to weight gain.

Unfortunately, in the fat cells, testosterone is changed into estrogen. We see men gaining weight around their hips and waist – areas that women traditionally complain about.

This process is made worse by other problems such as sleep apnea, emphysema, and environmental factors that affect the body similar to estrogen (eg. soy, pollution, toxins).

Symptoms of low testosterone:

Fatigue

Depression

Decreased mental clarity

Irritability

Mood swings

Low sex drive

Muscle weakness

Decreased stamina

Poor concentration

How do we diagnose this?

A proper medical evaluation. Blood tests and saliva testing is available at our clinic.

