

Download Male Menopause Book 17 Things You Need To Know

Although it is considered to be a taboo subject, there is evidence to suggest that some men suffer from the menopause. The male menopause is sometimes referred to as andropause or – to those of you with a sense of humour – ‘man-opause’. The male menopause is caused by changing hormone levels, in particular falling levels of testosterone. The Cognitive Behavioral Therapy Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression ... Symptoms (A New Harbinger Self-Help Workbook) Male menopause: How to know if you have low testosterone Is male menopause a real medical condition? Well, not exactly, but an age-related drop in testosterone can produce a host of symptoms and health complications that may require medical attention. These include things like one’s genetics, diet, lifestyle, stress levels and general health. The perimenopause or the ‘transition’ stage before the menopause usually begins several years before menopause. During this time the ovaries gradually begin to make less of the hormone Oestrogen.