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Testosterone Use leads to Vicious Cycle for Older Men

Increasing use of testosterone treatments by older men could lead them into a vicious cycle with serious health consequences according to a new study released in the latest edition of The Journal of Clinical Endocrinology and Metabolism.

The study shows that testosterone injections used in otherwise well men with mildly low testosterone levels resulted in less sleep and more sleep apnea, a potentially dangerous condition which sees people temporarily stop breathing before awakening and gasping for air.

Dr Brendon Yee, a researcher at the Woolcock Institute of Medical Research, said: "Testosterone use in men is increasing, particularly as some doctors prescribe it for the controversial 'male menopause'".

"This study shows that you need to be careful who gets testosterone. We already know that people suffering from sleep apnea have low testosterone levels and are therefore more likely to get prescribed testosterone treatment. However this could take them into a potentially vicious cycle which will see their sleep apnea worsen and their testosterone levels drop."

For older males who don't suffer from sleep apnea, once prescribed testosterone, they need to be regularly monitored for the development of sleep apnea.

To view the article visit <http://jcem.endojournals.org>