

# Men's Health: A Multifaceted Plan for Vitality

By Steve Branch RPh



Where do you get your information about testosterone? About prostate health? About supplements that may help preserve your vitality? From our own observations, many are hearing about these things from ads running on sports talk shows, the internet or other non-medical sources. Listening to and reading some of these advertisements, we see how many men can form unrealistic notions of what “natural testosterone boosters” can do for them, or even what the appropriate and expected benefits of testosterone itself would be.

## **Men's Health Information Readily Available**

We have numerous sources of useful information that can help you become more knowledgeable about men's health issues. A couple books that can be very helpful are *Testosterone for Life*, by Abraham Morgentaler, MD, and *Saving Your Sex Life*, by John P. Mulhall, MD. No time to sit down and read? Come by and talk with Steve RPh or George RPh about testosterone supplementation and the fact that a multifaceted approach offers the most desirable outcomes for our male patients.

## **Private Patient Consultation**

We offer confidential discussion on testosterone, a review of the patient's laboratory values and then a walk-through of our male patients' screening form. This is your time, so feel free to ask questions on the topic and expect satisfactory answers to your individualized health concerns. We can make therapeutic recommendations to your health care provider and often specific recommendations to you for nutritional supplements to optimize your overall well-being.

## **Nutritional Supplements - Three in Particular**

There are many excellent products out there that can be helpful to restore men's vitality; but we want to mention three specific nutrients that appear to be particularly useful relative to male hypogonadism, or low testosterone: magnesium, vitamin D and zinc. A study has shown that magnesium supplementation increased free and total testosterone, with even higher increases in men who supplemented magnesium and exercised regularly. Another study showed an association between vitamin D levels and testosterone levels (i.e., men who had low vitamin D levels frequently also had low levels of testosterone). Other articles have shown the same association. And lastly, researchers have correlated zinc status with testosterone levels; specifically, low zinc levels correlated with low testosterone levels, and restoration of the zinc deficiencies restored testosterone levels.

Central Drug offers professional-quality nutritional supplements for their customers, including [magnesium chelate tablets](#), [magnesium glycinate powder](#), [vitamin D softgels](#), [zinc monomethionine tablets](#) and [zinc lozenges](#).

### **Keeping up with Testosterone Supplementation Updates**

The use of testosterone by injection has been long studied; what is newer is the interest in subcutaneous injections of testosterone. An article by Kaminetsky, Jaffe and Swerdloff revealed that patients obtained consistently high levels of testosterone with 100 mg subcutaneously, as contrasted with the bi-weekly intramuscular (IM) dose of 200 mg. They cited patient comfort and convenience as advantages over the more conventional IM dosing. Subcutaneous dosing has become much more common in recent years, and may be an excellent alternative to IM injections.

We get many calls on sublingual dosing of testosterone as well, and it seems to be increasing in preference compared with the past use. Sublingual dosing has unique characteristics. Because of the rapid absorption and relatively short half-life of testosterone, it is best done several times a day at doses of 15–25 mg, as opposed to high doses once a day. The difference can be readily seen in measured hormone levels: high doses produce very high testosterone levels, but for relatively short periods of time. Better to do a lower dose several times a day, as that will be more like the body's usual production than the high, once-a-day dose.

However, do you give testosterone to all men who are clearly symptomatic and low on measured levels? No.

We consider the age of the patient, and inquire as to his desire to maintain fertility. Testosterone supplementation can definitely suppress spermatogenesis, resulting in decreased fertility. The prescription drug Clomiphene is a consideration for those men who are low in testosterone but want to maintain fertility. Another useful agent is anastrozole, widely used as an aromatase inhibitor, which can block the production of estrogen. Given the strong influence that estradiol has in the production/suppression of the messenger hormone responsible for testosterone production, anastrozole has also shown to be somewhat useful in increasing the production of testosterone in many men. It may be considered as an alternative to clomiphene in that regard.

### **Collegial Relationships with Your Health Care Provider**

This is probably the most important part of our success: our pharmacists, on-site nurse practitioner and staff have formed and maintained professional, mutually beneficial relationships with health care providers who are interested in collaborative solutions for their

patients. Fortunately, Victoria is blessed to have providers that thirst for knowledge and skills in order to offer useful solutions to their patients' needs.

Always remember that we are just one call away to plan for your vitality and focus on foundational health.