

The Symptoms Of Male Menopause: Fact Or Fiction?

Contributed by Webmaster

By Lance Thorington

Readers, you need to take a moment. All of you men out there are going to want to take a deep breath. This is extremely important. If you are roughly between the ages of forty five and fifty five, you may soon start or already be experiencing the symptoms of male menopause. People have been laughing it off as a myth for years, but it is true. Male menopause does exist and some men do go through it.

Nowadays, it is just as taboo as female menopause once was, not so long ago. You do not talk about it. You do not look into it. You definitely do not go to the doctor for it. Heck, you try not to even think about it. At some point, though, you have to think about it. You need to talk about it as well, and it definitely would not hurt to go see your doctor. But there is something you must do before accomplishing any of these other things. You need to learn about male menopause; you need to keep yourself informed about it. Understanding it is going to help you recognize the symptoms. Recognizing them can help you combat them.

A lot of men seem to take issue with the fact that this process is called male menopause - the latter word being the problem. Menopause is something through which women go, not men - right? Men's bodies do not start producing lower levels of estrogen! It simply cannot be! So perhaps calling it by a different name will help obliterate the stigma and eradicate the taboo associated with male menopause. It is also called andropause. It gets its name from androgen, which is a hormone. Along with testosterone, it is as essential to men as estrogen is to women.

Hormones are also the main catalyst behind male menopause. Specifically, testosterone is the problem - and lower amounts of it. It must be said that not a lot is known about andropause. Doctors and scientists are not sure why some men get it and others do not. You see, while female menopause and andropause are similar in a number of ways, there are enormous differences as well.

One of them is the fact that not every men will go through male menopause, while for women the process is inevitable. Some men simply do not deal with it. Others go through it naturally. For still others, it is sometimes caused by health and medical problems which affect the amount of testosterone produced by your body anyway. These include problems with the immune system and cardiovascular diseases.

The testosterone is to men what estrogen is to women. As such, the lack thereof manifests in similar ways in both genders as well. You see, for men, testosterone is vital, aiding in the production of sperm and the strength of a man's musculature. When its levels drop, the effects can be debilitating.

Although men do not become infertile or lose their sex drives completely, they do share a number of other menopausal symptoms with women. For instance, men suffer through hot flashes, night sweats, mood swings, insomnia, and exhaustion. However, there is also no denying the fact that for men, then symptoms are generally less intense than they are for women.

Lance Thorington is a professional writer and online publisher. Click here to get detailed information about the symptoms of male menopause plus read all about menopause problems and treatments at <http://www.menopauseabout.com/>