

PROVIDER HANDOUT

Male Andropause Profiles I & II

Hormone Testing In Blood Spot



The Problem

Beginning in the fourth decade of life, declining androgens (male hormones) and imbalances of related hormones bring on the symptoms of aging in males referred to as "ANDROPAUSE", the equivalent of menopause in women. The Male Hormone Profiles can be utilized for early detection of undiagnosed hormone imbalances (specific excesses and deficiencies) linked to increased risks for prostate disease, low sex drive, depression, premature aging and poor quality of life.

Purpose

Bloodspot screening to detect the extent to which specific hormones are out of range can inform treatment to relieve symptoms, restore hormone balance and prevent diseases of aging in men. The Male Hormone Profiles I & II are an easy way to check and monitor overall male hormone health.

Hormones Tested

Male Hormone Profile I:

Testosterone
SHBG (Sex Hormone Binding Globulin)
Free Testosterone Index (included)
PSA (Prostate Specific Antigen)

Male Hormone Profile II:

Testosterone
SHBG (Sex Hormone Binding Globulin)
Free Testosterone Index (included)
PSA (Prostate Specific Antigen)
Plus: IGF-1 (an index of Human Growth Hormone)

"Taking a man's hormone levels in his middle years is so important...having those numbers makes it possible to gauge the effects of hormonal therapy. For instance, when a physician sees how much an individual's testosterone levels go down-or how much his estrogen levels go up-and he compares these hormonal changes with the changes in energy, mood, sex drive and/or symptoms of ill health that his patient reports...he has something to work with."
- Eugene Shippen, The Testosterone Syndrome

Candidates

Men in mid-life and/or those experiencing symptoms of hormone imbalance such as: feeling irritable and tired all the time, lacking enthusiasm for life, decrease in sex drive, low energy, erectile dysfunction, drop in strength or endurance, feeling sad and/or grumpier than usual, decreased muscle mass, increased upper and central body fat, and increased risk for cardiovascular disease.

Clinical Utility

- Detection of undiagnosed hormone imbalances related to symptoms of male andropause, rapid aging, low vitality, sexual dysfunction and prostate health.
- Early detection of hormone imbalance aids treatment to restore balance, healthy aging and prevention of prostate disease.
- Interprets hormone levels in concert with symptoms to provide more diagnostic clues.
- Monitors and gauges prescribed hormonal therapy.
- Facilitates safe, appropriate prescribing and adjustment of hormone therapy.

Method

Bloodspot is collected in the morning before eating or drinking. The process involves a finger prick with lancet and a few drops of blood dried on filter paper. Kit is self-contained with step-by-step instructions, filter paper, 2 lancets, antiseptic wipes and band-aid. Blood spot sample is returned to lab for analysis via pre-paid UPS mailer bag. No biohazard labeling required.



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Why Test These Hormones?

Testosterone is important for:

- energy production (ATP)
- preventing mental and physical fatigue
- maintaining sex drive
- building and maintaining healthy skin, bone and muscles

Testosterone Deficiency can cause:

- night sweats
 - insulin resistance
 - erectile dysfunction
 - low sex drive
 - cardiovascular disease
 - loss of bone density (osteoporosis)
 - mental burnout
 - decreased muscle mass
 - low physical stamina
 - depression
 - immune dysfunction
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SHBG is important because:

- It is used as a relative index of your overall exposure to all forms of estrogens: those produced by your body (endogenous) and those consumed (phytoestrogens, xenoestrogens)
- It is an indirect index of estrogen interaction with the liver.
- It is the protein that binds tightly to total testosterone in the circulation and limits the amount of testosterone bioavailable to tissues.
- High levels indicate excess exposure to estrogens and lower availability of testosterone to tissues.

SHBG outside the expected range indicates:

- An imbalance between testosterone to estrogen.
High = overall estrogen burden Low = low estrogen, more bioavailable testosterone
 - Andropause onset and/or rapid aging in men (see above).
 - Increased risk of prostate disease.
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PSA is important because:

- It is a protein produced by the prostate gland that we can measure.
- It is an important indicator of prostatic enlargement or increased risk of cancer.

PSA needs to be within the expected range for two good reasons:

- High PSA levels are a warning sign of prostate health risks.
 - Normal PSA evaluation is prerequisite to initiating testosterone therapy.
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IGF-1 is Important because:

- It is a reliable indicator of human growth hormone.

IGF-1 needs to be within the expected range for this reason:

- Low IGF-1 levels indicate Adult Growth Hormone Deficiency associated with rapid aging decreased muscle and bone mass, slowing cognition, low libido and poor quality of life.

References

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www.endotext.com

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