

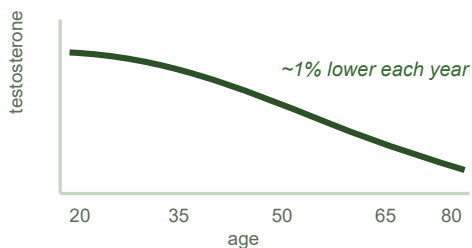
Andropause

patient education

Andropause — sometimes called "male menopause" — describes the gradual decline in testosterone that many men experience with age, along with the symptoms that can come with it. Unlike menopause in women, it's slow and varies a lot from man to man, which is part of why it's only recently getting the attention it deserves. This guide reflects our pharmacists' reading of current and still-developing research — it is not medical advice.

What andropause is

After about age 30–40, a man's testosterone tends to fall gradually — often around **1% per year**. For many men this causes no problems. For others, lower levels bring symptoms that build so slowly they're easy to miss or blame on "just getting older."



Common symptoms

- **Energy & drive:** fatigue, lower motivation, reduced sex drive.
- **Body:** loss of muscle, more belly fat, weaker workouts and recovery.
- **Mind & mood:** low mood, irritability, "brain fog," poorer concentration.
- **Sleep:** trouble sleeping, which can worsen the other symptoms.

How it differs from menopause

Menopause is a relatively defined event; andropause is a **slow, uneven decline**. Not every man develops low testosterone, and symptoms don't always match lab numbers. That's why a proper evaluation — symptoms **plus** blood tests, usually done more than once — matters before any treatment.

What can help

- **Foundations first.** Sleep, strength training, healthy weight, managing stress, alcohol, and other medical conditions all raise testosterone naturally.
- **If it's truly low.** When symptoms and confirmed low labs line up, prescribers may consider testosterone therapy or related options, with ongoing monitoring.

Testosterone therapy isn't for everyone.

It requires a proper diagnosis and regular monitoring (including blood counts and prostate health), and it isn't appropriate for men trying to conceive or with certain conditions. This is a decision to make with your prescriber.

Village can help. If your prescriber starts therapy, we compound several options and have dosing guides (testosterone, Topi-Click) to make it straightforward. Ask us anything.

This guide is general educational information reflecting our pharmacists' reading of current and still-developing research. It is not medical advice, is not a recommendation to start any therapy, and does not replace the guidance of your physician or pharmacist, which always takes priority. Diagnosis of low testosterone requires proper evaluation and lab testing. **Always consult with your doctor or pharmacist** before starting, stopping, or changing any therapy, and follow your prescription label. If you notice a reaction that concerns you, contact your prescriber or pharmacist; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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