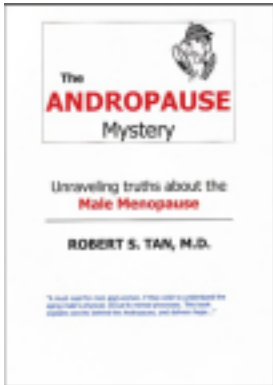


Male Menopause

Marc Blackman, M.D. , Chief of Endocrinology and Metabolism at Johns Hopkins Bayview Medical Center, says, "The male menopause is a real phenomenon and it does similar things to men as menopause does to women, although less commonly and to a lesser extent."



Signs include the following:

Hormonal: Drop in Testosterone, free testosterone, DHEA, and others.

Physical: Increased fatigue, short-term memory loss, weight gain.

Psychological: Irritability, indecisiveness, and depression.

Interpersonal: A longing for intimacy and a fear of getting close.

Social: Desire for close friendships and recognition of social isolation.

Sexual: Lowering of sexual desire, erectile dysfunctions, and fears of potency loss.

Spiritual: Great restlessness and hunger to follow one's Calling.

Male Menopause By The Numbers:

In the United States there are over 25,000,000 men between the ages of forty and fifty-five who are going through the Male Menopause Passage.

By 2020, the number will increase to more than 57,000,000.

Information from *Male Menopause* by Jed Diamond

Contact: Jed Diamond
jed@menalive.com
www.menalive.com

Jed Diamond is a member of the Men's Health Network Board of Advisors
www.menshealthnetwork.org

