



Age Old Wisdom

TESTOSTERONE CAUTION FOR OLDER MEN

Older men may wonder if they can restore lost energy and vitality by undergoing testosterone treatment. However, before they make any decision, they should carefully weigh the risks and benefits associated with hormone supplementation. Recently, concerns have been raised about the safety of testosterone therapy in older men with a history of heart disease. A higher rate of cardiovascular events (heart attack, stroke, acute coronary syndrome) has been documented among men who received testosterone and had pre-existing heart problems. While testosterone is approved for the treatment of “hypogonadism” (a condition in which the body doesn’t produce enough testosterone), it is not approved for the treatment of age-related symptoms or age-related decline of testosterone levels.

At Deutsches Altenheim, we understand that seniors’ health challenges can change – *even overnight*. We are here to assure that our seniors receive the utmost in care, and are treated with respect.

P.S. Men who are being treated for hypogonadism should consult with their physicians before making any changes in their medication regimen.