

June's Topic: Men's Health

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What is Low Testosterone?

- ❖ Low testosterone in males, also known as male hypogonadism, is a condition in which the testicles don't produce enough of the male sex hormone testosterone. You can be born with this condition, or it can develop later in life from injury or infection. There are two types of hypogonadism:
 - **Primary hypogonadism**- also known as primary testicular failure, originates from a problem in the testicles
 - **Secondary hypogonadism**- indicates a problem in the hypothalamus or the pituitary gland, which are parts of the brain that signal the testicles to produce testosterone.
 - ❖ Either type can be caused by an inherited trait or something that happens later in life, such as an injury or an infection. Sometimes they can occur together.
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Signs and Symptoms

- ❖ Low testosterone may alter certain male physical characteristics and impair normal reproductive function. Signs and symptoms may include:
 - Erectile dysfunction
 - Infertility
 - Decrease in hair growth
 - Decrease in muscle mass
 - Development of breast tissue (gynecomastia)
 - Loss of bone mass (osteoporosis)
 - ❖ This condition can also cause mental and emotional changes. As the testosterone decreases, men may experience similar symptoms to those experienced by women in menopause. These include:
 - Fatigue
 - Decreased sex drive
 - Difficulty concentrating
 - Hot flashes
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Lifestyle changes that increase testosterone:

- ✓ Exercise regularly
- ✓ Lift weights
- ✓ Reduce stress
- ✓ Eat a healthy diet
- ✓ Lose weight
- ✓ Get plenty of sleep

Risks of testosterone therapy:

- ✓ Sleep apnea
- ✓ Non-cancerous prostate growth
- ✓ Breast enlargement
- ✓ Decreased sperm production
- ✓ Growth stimulation of existing prostate cancer
- ✓ Increased risk of heart attack

Causes of Low Testosterone

- ❖ Normal aging
- ❖ Injury or infection affecting the testicles (which make most of the testosterone in men)
- ❖ Certain treatments for cancer, including radiation, chemotherapy, and hormone therapy for prostate cancer
- ❖ Disorders that affect the pituitary gland, a gland at the base of the brain that controls all hormone-producing organs
- ❖ Other medical problems, such as liver and kidney disease, obesity, diabetes, and AIDS
- ❖ Other rare genetic problems

Treatment Options

- ❖ Goals of Therapy
 - Improvement of symptoms associated with low testosterone levels
 - Increased testosterone levels
 - ❖ Low testosterone levels can be treated with testosterone replacement therapy.
 - Available in injections, patches, gels, and tablets.
 - Some common medications include:
 - Delatestryl® injection
 - Depo®-Testosterone injection
 - Androderm® patch
 - AndroGel®
 - Testim® gel
 - Fortesta® gel
 - Axiron® liquid
 - Striant® sticky tablet
 - Testopel® pellets
 - ❖ Testosterone replacement therapy works to restore muscle strength and sexual function, prevent bone loss, and increase energy levels.
 - ❖ Be sure to keep testosterone medications away from children.
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Complications of Untreated Low Testosterone

- ❖ Complications differ based on the age of development.
- ❖ If the low testosterone develops during adulthood and is left untreated, complications may include the following:
 - Erectile dysfunction
 - Infertility
 - Fatigue
 - Enlarged male breasts
 - Decreased sex drive
 - Muscle weakness
 - Osteoporosis
 - Decreased growth of beard and body hair

**** We can administer your testosterone injection free-of-charge as long as you have a valid prescription and bring your medication****

Other Important Health Topics for Men

- ❖ **Prostate health**
 - Regular prostate screening is important to catch prostate cancer early.
 - Men aged **40-49 years old** should receive a prostate-specific antigen (PSA) test and digital rectal exam (DRE) **every year** if they are in a **high-risk group**, such as a strong family history.
 - **All men aged 50 and older** should receive a prostate-specific antigen (PSA) and digital rectal exam (DRE) test **every year**.
- ❖ **Colon cancer**
 - Men **50 years or older** should be receiving colon screening **every year** as recommended by your health care provider.

References

1. Low Testosterone in Men. In: Lexi-Comp [AUHSOP Intranet] Hudson, OH: Lexi-Comp, Inc. Copyright 1978-2014 [updated 2014 Apr 28, cited 2014 May 20]. [about 3 p.] Available from: <http://online.lexi.com/lco/action/doc/retrieve/docid/disandproc/4734750>
2. MayoClinic: Male Hypogonadism. Updated 1 Apr 2014. [Accessed 20 May 2014]. Available from: <http://www.mayoclinic.org/diseases-conditions/male-hypogonadism/basics/definition/con-20014235>.
3. MayoClinic: PSA Test. Updated 7 May 2013. [Accessed 21 May 2014]. Available from: <http://www.mayoclinic.org/tests-procedures/psa-test/basics/definition/prc-20013324>
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State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. Screenings must be completed by October 31 each year. **Don't delay and get caught in the October rush at the end of the deadline period!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management