

# Men's Health



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Men's Health



Men's Mental Health

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## Should I test my **testosterone level**?

There is a wide range for normal testosterone levels. Lower levels aren't necessarily a bad thing as some people are more sensitive to their testosterone.

Getting testosterone levels tested at a younger age is beneficial as it establishes a baseline, which can be monitored over time. Check for total testosterone vs bioavailable (free) testosterone and sex hormone binding globulin (SHBG) marker.

*Remember: Ranges are wide and other factors affect your sensitivity to testosterone so test results should be interpreted by a health professional.*

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## Testosterone Replacement Therapy

TRT is not recommended unless diagnosed with hypogonadism (clinically diagnosed low testosterone) as too much testosterone can be problematic. For those with hypogonadism TRT may improve cognition, mood, libido and muscle mass.

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## Ways to **naturally support testosterone balance**

- Ensure sufficient sleep (7-9 hours)
- Manage stress through regularly doing something for yourself: meditate, sing, breathwork, read
- Avoid environmental toxins including those from plastics (BPA) and alcohol
- Ensure sufficient vitamin D. Food sources are oily fish, eggs and liver but sunlight on bare skin is the best source. Test to find your level: testing can be obtained through your GP or from a range of companies including Med checks and Superdrug. Supplement as appropriate and retest periodically.
- Regular resistance exercise helps to increase testosterone levels.
- Support metabolic health as excess fat helps to convert testosterone to oestrogen more easily.

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## Ways to **support metabolic health**

Good metabolic health helps to balance testosterone and reduce the risk of type 2 diabetes, heart disease, stroke, depression and some types of cancers.

A Mediterranean style diet (based on vegetables, nuts, seeds, fish, olive oil, wholegrains, occasional lean meat, limited dairy) can help to improve metabolic health.

Monitor these markers	Healthy range for men
(Non fasting) Triglycerides	Below 2.3mmol/L
Cholesterol (total)	Below 5.0mmol/L
Cholesterol (HDL)	Above 1.0mmol/L
Cholesterol (non-HDL)	Below 4.0mmol/L
Cholesterol (ratio of HDL/Total)	Below 6
Blood pressure	90/60mmHg - 120/80mmHg
Fasting blood glucose	Below 7mmol/L
Visceral fat	Waist size is less than half height*

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\*Measure your height with a piece of string. The same length of string should go around your waist at least twice.



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## Should I test my **Prostate Specific Antigen (PSA) level** ?

PSA is a normally occurring protein produced by the prostate gland which can be measured with a simple blood test. Levels can increase due to natural ageing, infection or prostate cancer as well as exercise and certain medications. PSA level cannot be used to diagnose prostate cancer, but it can be used by a GP as part of an assessment of risk alongside family history, a digital rectal examination, and a urine test. If there are signs of prostate issues, a family history of prostate or breast cancer, and you are over 50 (or over 45 if Black) it is recommended that you discuss this test with your GP.