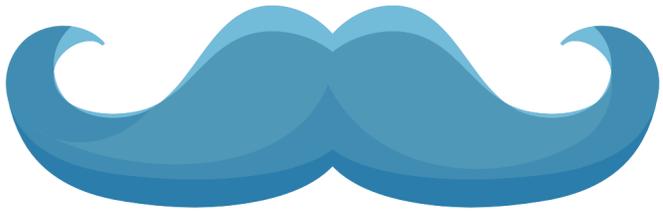


Andropause Newsletter

November 2023 Issue 1



Welcome to the first newsletter about the andropause

Commissioned by the Health and Wellbeing Team, we'll be sharing reliable information sources to support colleagues who may be experiencing changes. In this issue:

- Definitions
- Symptoms
- Terminology
- Manager's corner
- Further reading
- Mental health and support

What is the andropause or male menopause?

Andropause, often referred to as the “male menopause”, describes the symptoms and health effects such as mood changes, fatigue, and sexual dysfunction experienced by men as they age.

Mood changes, fatigue, and sexual dysfunction and other symptoms are often attributed to declining active testosterone levels, but the decline is usually gradual (about 1% per year from ages 30-40) and can be affected by other health conditions and lifestyle factors.

Due to the limitations of the evidence and myths surrounding the andropause it's wise to use reliable sources of information. Here's a few which provide a good introduction:

FACTS

NHS (2022) *The 'male menopause'*

<https://www.nhs.uk/conditions/male-menopause/>

MYTHS

Healthline (2023) *What is Male Menopause?*

<https://www.healthline.com/health/menopause/male>

British Association of Urological Surgeons (BAUS) (2023) *Male menopause (androgen deficiency in the ageing male)*

<https://www.baus.org.uk/patients/conditions/7/male-menopause-androgen-deficiency-in-the-ageing-male>

Andropause? Male menopause? ADAM? Testosterone deficiency? Late-onset hypogonadism?



There's inconsistency in the terms used to describe the andropause or male menopause in our everyday language, by the media and in health information sources. According to the NHS, the term "male menopause" is misleading since it inaccurately implies a sudden drop in testosterone levels similar to the menopause in women.

The British Urological Association of Surgeons (BAUS) recommends using the medical term, Androgen Deficiency in the Ageing Male (ADAM), to describe the condition whilst the American Urological Association prefer the term Testosterone Deficiency.

Approximately 2% men have a more significant reduction in testosterone known as late-onset hypogonadism or LOH.

Symptoms

Andropause symptoms and the symptoms of low testosterone vary but may include:

- low energy
- depression or sadness
- decreased motivation
- lowered self-confidence
- difficulty concentrating
- insomnia or difficulty sleeping
- increased body fat
- reduced muscle mass and feelings of physical weakness
- gynecomastia, development of breasts, tender breasts
- decreased bone density
- gynecomastia, development of breasts, tender breasts
- decreased bone density
- hot flashes

<https://www.healthline.com/health/menopause/male>

Testosterone therapy

Testosterone therapy may help with symptoms but it's important to first seek the advice of your GP who will need to take a full medical history and blood tests to establish the cause of your symptoms and testosterone levels.

The British Association of Urological Surgeons (BAUS) (2023) information we've already highlighted has information on treatment options and what to expect when visiting your GP.

<https://www.baus.org.uk/patients/conditions/7/male-menopause-androgen-deficiency-in-the-ageing-male/>

Experiences of the andropause

If you are noticing changes or struggling it can help to read about the experiences of others and know you are not alone. On the website of the private clinic

Centre for Men's Health 4 patients describe their experiences:

<https://www.centreformenshealth.co.uk/patient-stories>

Pop stars Robbie Williams and Shaun Ryder have also recently spoken about their symptoms, treatment and getting older:

<https://www.standard.co.uk/showbiz/robbie-williams-manopause-male-menopause-partying-90s-sex-drive-ayda-field-b1117367.html>

<https://www.manchestereveningnews.co.uk/news/showbiz-news/shaun-ryder-says-male-menopause-27880385>



Manager's Corner



Guidance on the andropause is limited but some Trade Unions have published advice or incorporated a section with their menopause guidance.

Menopause guidance from TUC Cymru advises that men who experience significant reductions in their hormone levels and symptoms which affects their ability to do their job may need workplace adjustments: *The Menopause in the Workplace: A Toolkit for Trade Unionists* (2017)

<http://www.tuc.org.uk/sites/default/files/Menopause%20toolkit%20Eng%20FINAL.pdf>

Within their *Equalities hub* the Community Trade Union have information about the andropause, information for employees and on how to support colleagues experiencing symptoms:

<https://community-tu.org/mymembership/advice-centre/equalities-hub/andropause-in-the-workplace/#:~:text=The%20andropause%20can%20typically%20be,you%20have%20a%20testosterone%20deficiency>

You may be aware of the recent publicity about the East Midlands Ambulance Service NHS Trust's andropause guidance: *Andropause in the Workplace Guidance Document*

<https://www.nhsemployers.org/system/files/2021-06/East%20Midland%20Ambulance%20Service%20andropause%20in%20the%20workplace%20guidance.pdf>

Clinicians from Loughborough University responded to media reports by writing a helpful summary of the evidence on the andropause and present a balanced view on the need for guidance:

Hogervorst, E., D'Donnell, E., and Gemma Witcomb, G. (2023) 'The 'male menopause' – what you need to know': <https://theconversation.com/the-male-menopause-what-you-need-to-know-215110>

Further reading



Books available to borrow or reserve from your Trust library

Click on the title to view the online library catalogue or visit

www.healthlibrariesmidlands.nhs.uk/



Goonewardene, S. (2022) *Men's health and wellbeing*. Springer.

Pollard, J. (2020) *Men's Health: All You Need to Know in One Concise Manual*
Sparkford: J H Haynes & Co. Ltd.

Or scan to read this online



Recent journal articles



An Italian systematic review looks at the effect of occupational factors on the menopause and andropause. Read more here- Martelli, M. et al (2021) 'Influence of work on andropause and menopause: A systematic review' , *International journal of environmental research and public health*, 18(19) . Available at: <https://pubmed.ncbi.nlm.nih.gov/34639376/> You may require an Open Athens password to view this article, please register for free at <https://openathens.nice.org.uk/>

Mian, A.H. et al. (2022) 'Current management and controversies surrounding andropause' , *The Urologic Clinics of North America*, 49(4), pp.583-592. Available at: <https://pubmed.ncbi.nlm.nih.gov/36309415/> Contact the library for a copy of this article discussing the relevant controversies around andropause, diagnosis and treatment.

Looking after your mental health

If you are experiencing changes or symptoms this can have an impact on mental health. Fortunately there's a lot of information and support available from within our Trusts, locally and via national charities. If you are feeling overwhelmed or need someone to talk to there's someone to listen 24/7 at:

The Samaritans - call: 116 123 or email jo@samaritans.org
<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Campaign Against Living Miserably (CALM) - call: 0800 58 58 58 (5pm-midnight every day) if you are struggling and need to talk. Or if you prefer not to speak to someone try the **CALM webchat service** -
<https://www.thecalmzone.net/#open-chatbot>

You can also text SHOUT on 85258 <https://giveusashout.org/>



Ways to boost your mental health and wellbeing

CALM also have a wide range of online guides a range of physical and mental health issues including body image, work stress and erectile dysfunction - you can see the full list at:
<https://www.thecalmzone.net/guide-list>

Why not reset the way you think about aging with a collection of TED Talks?
Talks to make you feel good about getting older
[https://www.ted.com/playlists/227/talks to make you feel good ab](https://www.ted.com/playlists/227/talks_to_make_you_feel_good_about_getting_older)



And if you are looking for something a bit more social then check out Men's Sheds. Kitted out community spaces where men can enjoy practical hobbies, make friends, share skills, tea and banter. Find your local shed at <https://menssheds.org.uk/find-a-shed/>

Support for you

For more information about the support within the Trusts please contact the Staff Health and Wellbeing Team

Email: hwb@swft.nhs.uk

Twitter: @GEH_SWFT_HWB

