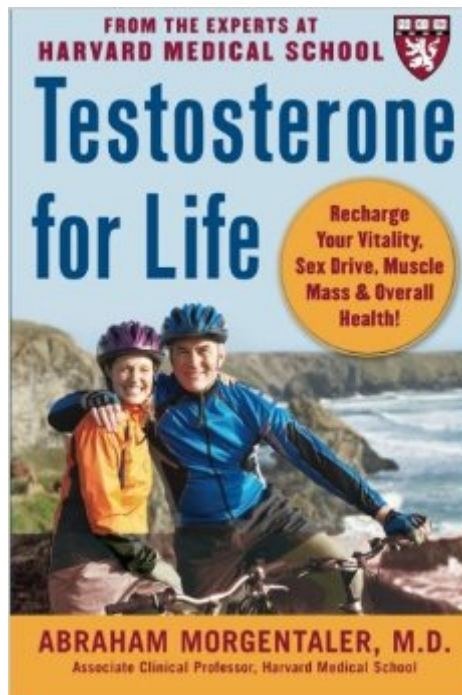


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# Testosterone For Life: Recharge Your Vitality, Sex Drive, Muscle Mass, And Overall Health



## Synopsis

"Dr. Morgentaler, an internationally recognized expert in sexual medicine and male hormones, shares his secrets for a healthy life."--Irwin Goldstein, M.D., Director of Sexual Medicine, Alvarado Hospital, San Diego, and Editor-in-Chief, Journal of Sexual Medicine "A highly valuable resource. Finally debunks many of the myths about testosterone's safety, which has been an impediment to its appropriate usage for far too long."--David E. Greenberg, M.D., President, Canadian Society for the Study of the Aging Male From a Harvard doctor and a leading expert on testosterone--the groundbreaking book that shows you how to raise your testosterone levels--and live your life to the fullest Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level. If you've noticed a decrease in your sex drive; experienced erectile dysfunction; or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone--a surprisingly common but frequently undiagnosed condition among middle-aged men. Learn how to: Recognize the symptoms of low testosterone Diagnose the problem with simple tests Find the treatment that's right for you Explore options your doctor might not know about Reduce your risk of cardiovascular disease and obesity

## Book Information

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## Customer Reviews

I think "Testosterone for Life" is the best book on this subject for laypeople seeking diagnosis and treatment. Clearly written and plain spoken, it's easy to overlook the fact that Dr. Morgenthaler is in

fact a clinical professor involved in research as well as a practicing Urologist. "Testosterone For Life" will give you succinct treatment advice and guidance that will help you get on the most optimal path of hormone therapy if you suffer from testosterone deficiency. If you only read one book on this subject - this is the one. I've suffered from testosterone deficiency for four years, and have been through a variety of Physicians and treatments. Through trial and error, I was underdiagnosed and undertreated for the first two years of treatment. My current Physician's treatment plans and ongoing test assessments completely coincides with Dr. Morgenthaler recommendations. I feel pretty good now. It took me two years to figure out how to understand my lab assessments, treatment plan options and how to discuss them with my Physician. You can figure it out in one day if you get this book! What's important about this book for those seeking treatment, is the chapter on the measurement and assessment of testosterone levels. To summarize, many Physicians measure, diagnose and treat testosterone deficiency on the sole basis of one's "Total Testosterone" level. In practice, the measure of "Freely Available Testosterone" is also important in establishing an effective treatment plan and level of medication. This chapter alone is worth the price of the book. The rest of the book is excellent as well. As mentioned by other reviewers, the chapters discussing hormone therapy and prostate cancer are thoughtful and present hormone therapy in a new light.

Not just for men. Though low testosterone directly affects men more often than it affects women - and this book is directed primarily at men who suffer or who think they may suffer from low testosterone - the women in men's lives also benefit from reading this book. Young men (men under 40, especially men 30 and under), rarely have problems with low testosterone. However, by the time a man reaches 40, some men will have low total testosterone or low bioavailable testosterone. Between 40 and 49, nearly 10 percent of men will have low total testosterone or low bioavailable testosterone. Between age 50 and 59, nearly 30 percent of men low total testosterone or low bioavailable testosterone. Between ages 60 to 69, that percentage increases to more than 40 percent. The percentage increases even more over the age of 70. Low testosterone (Low T) can lead to both physical and sexual effects. Low T can contribute to prostate difficulties, increased risk of prostate cancer, Atherosclerosis (hardening of the arteries), which is a risk factor for heart disease, heart attacks and stroke); the weakening of bone and muscle mass in men, increased adipose (fat) tissue in men. Men who are significantly overweight and who have fatty 'male breasts' often suffer from a lack of testosterone, as the increased weight caused some of their testosterone to be converted to the hormone estradiol, which causes an increase in breast size. Men with Low T often have less interest

in sex, even if they love their partner, and find their partner attractive. The author cites one patient whom his friends said was lucky because he had such an attractive wife, yet this patient did not want to do anything sexual with her, or with anyone.

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