

June 2010

Compounding Connection

Custom Compounding Center Bolivar, Missouri

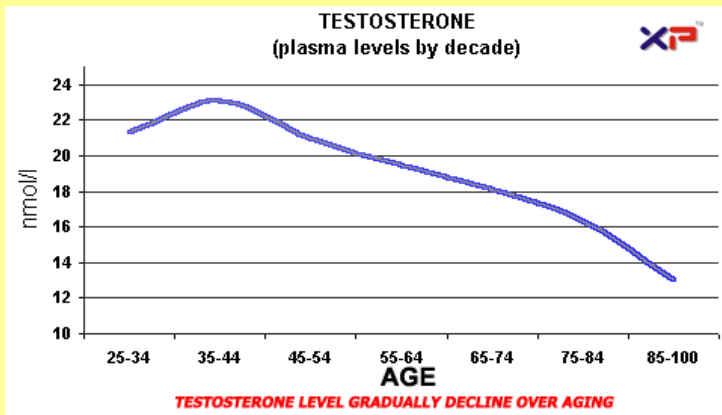
Issue 5



June is Men's Health Month

Hormone Help for Men...

ANDROPAUSE is the male equivalent to female menopause. Men experience age related changes in their hormone levels. Declining testosterone and DHEA are commonly seen in men beginning in their 40's—sometimes even earlier. These are particularly important, anabolic building hormones in men, as they are the major players in maintaining both physical and mental health. For example, they increase energy and decrease fatigue; they help in maintaining erectile function and normal sex drive; and increase the strength of all structural tissues in the skin, bones, and muscles, including the heart. Proper levels of androgens (the steroid hormones such as testosterone) also help to prevent depression and mental fatigue. The chart below shows how testosterone levels in men decline by decade.



MEN'S HEALTH MONTH

Awareness. Prevention.
Education. Family.

www.menshealthmonth.org

"You can't help getting older, but you don't have to get old."

—George Burns

What can be done for declining testosterone levels?

GET SCREENED! If you experience symptoms associated with low testosterone, you may want to talk to your primary care provider about getting your testosterone levels checked. Testosterone levels can be checked by a simple blood test, or by a saliva test. Saliva test kits are available at The Medicine Shoppe and Custom Compounding Center. The cost for a testosterone saliva test is only \$30.

After determining testosterone deficiency, your provider may prescribe topical testosterone replacement. At the Custom Compounding Center, your individual prescription will be made to your prescriber's specifications.



Custom Compounding Center  inside The Medicine Shoppe

2000 S. Springfield Ave.
Bolivar, Missouri 65613
Hours: Mon-Fri 9am-6pm
417-777-7455 (lab)
417-326-7455 (pharmacy)
800-939-5545
customcompoundingrx.com
Facebook: Bolivar RX

Custom Compounding Center
Inside The Medicine Shoppe
2000 S. Springfield Av
Bolivar, MO 65613

We are on the web!
customcompoundingrx.com
Facebook: Bolivar RX

Take the ADAM test to see if you are at risk for low testosterone. Answer “yes” or “no” to the following questions. If you answered “yes” to question 1 or 7, or at least three of the other questions, you may have low testosterone. BE SURE TO DISCUSS THE RESULTS OF THIS QUIZ WITH YOUR DOCTOR. Choose the responses below that best describe how you are feeling.

1. Do you have a decrease in libido (sex drive)?
2. Do you have a lack of energy?
3. Do you have decrease in strength and/or endurance?
4. Have you lost height?
5. Have you noticed a decreased “enjoyment of life?”
6. Are you sad and/or grumpy?
7. Are your erections less strong?
8. Have you noticed a recent deterioration in your ability to play sports?
9. Are you falling asleep after dinner?
10. Has there been a recent deterioration in your work performance?