

# Men With Diabetes May Be More Likely To Have Low T

## Three Tips To Determine If You're At Risk

By Donna Rice, MBA,  
BSN, RN, CDE

(NAPSA)—Men with diabetes



Donna Rice

who are experiencing mood issues, sexual problems or low energy could be suffering from low testosterone (low T)—a common medical condition affecting many men in and

out of the bedroom.

An estimated 13 million American men age 45 and older may suffer from low T. New research suggests that men with diabetes may be more than twice as likely to have low T compared to other men.

Here are three things you can do to determine if you're at risk.

### 1. Recognize the Symptoms

Because symptoms of low T are subtle and often overlap with other common medical conditions, low T is frequently undiagnosed. The signs and symptoms of low T may include low sex drive, erectile dysfunction, fatigue, depressed mood, reduced muscle mass and strength, increased body fat mass and decreased bone mineral density.

### 2. Talk About It

Don't let embarrassment, frustration or anger keep you from discussing your symptoms with a diabetes educator or doctor. It's

important to share your thoughts about any changes in your mood, sex life, energy level or weight.

Bear in mind that stress, relationship problems, medication side effects or other lifestyle factors also can contribute to the way you're feeling. A diabetes educator will be able to help you determine if how you're feeling is a result of a medical condition or lifestyle factors.

### 3. Get Screened

A simple blood test will determine if your T levels are below normal. You may want to consider talking to your health care provider about low T as a regular part of your annual checkup.

### Treatment is Available

If you're diagnosed with low T, the good news is that the condition very often is treatable. Several different forms of testosterone therapy are available, such as gels, patches, injections and a buccal tablet, with a prescription from your doctor.

Testosterone therapy can raise and maintain T levels to the normal range. Once your testosterone levels return to the normal range, you may experience relief from your low T symptoms.

Testosterone therapy can be safe and effective, but it's important to talk to your doctor about the effects of testosterone treat-

ment and carefully weigh the potential benefits against the possible risks. As with any medication, proper monitoring by a doctor while on treatment is important.

Testosterone therapy should not be used in men with carcinoma of the breast or known or suspected carcinoma of the prostate. Geriatric patients treated with androgens may be at an increased risk for the development of enlarged prostate and prostate cancer.

### Remember: You're Not Alone

Low T is a common medical condition affecting millions of men. Take charge of your health—note how you've been feeling, talk to your health care provider and consider having your T levels checked.

For more information about the symptoms and treatment of low T, visit [www.mytestosterone.com](http://www.mytestosterone.com).

• *Donna Rice is a diabetes educator and is first vice president of the American Association of Diabetes Educators (AADE), a professional organization dedicated to ensuring the delivery of quality diabetes self-management training to patients. Diabetes educators counsel patients on how to manage all aspects of their condition. To find an educator, visit [www.diabeteseducator.org](http://www.diabeteseducator.org).*