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What are the Effects of Andropause by James Blee

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The phenomenon of andropause is something that every middle-aged man experiences in his lifetime. This is the most remarkable phase in his life where he is often subjected to both physical and mental trauma. When it comes to occurrence of this phase in a manâ€™s life, it could vary from 40s to 60s. The common symptoms are difficulties in alertness, concentration and memory power.

Every time a man undergoes through the phase of andropause , he seems to be puzzled and perplexed. The reason for this phase is not because of any extraneous factors but is the result of a decline in the male hormones. The same phase is faced by the female species and its better known as menopause.

The wrong diagnosis and its subsequent treatment can have adverse consequences on a man. Similarly, if andropause hormones is address in vagueness, it can present more serve health consequences. Remember â€“ the timing of occurrence of this crisis is at a time when the man in question is well established and stabilized in his life. This is that period when most of the men can be found re-evaluating their accomplishments in life.

The appearance of andropause hormones is easy to detect in men because they tend to be getting older and their children are still in the process of growing up, this can lead to mid-life crisis..

According to various medical research conducted in this regard, the findings have thrown some interesting facts before the world. For instance, this is the phase where the sperm production and quality can severely get affected. This is something which is exactly opposite to what is seen in the case of menopause. It is a common knowledge that testosterone that is regarded as the vital ingredient responsible for healthy sperm gradually tends to diminish.

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James Blee - About Author:
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