

## Tackling testosterone deficiency: time to talk?

### What is testosterone deficiency (TD)?

Testosterone deficiency (hypogonadism) is the medical term for having a very low testosterone level, caused when the testicles or hormone production do not function properly.<sup>1</sup>

Common symptoms<sup>5</sup> include...



erectile dysfunction



tiredness



low sexual desire (low libido)



lack of physical strength



fatigue



loss of muscle mass and/or weight gain<sup>2,3,4</sup>



### Too tired to talk?

UK testosterone deficiency (TD) awareness survey<sup>5</sup> of 1,000 men and 1,000 women aged 55+ revealed...



Men are reluctant to speak to partners about their physical or mental health



Few men would visit a GP if they had symptoms of TD



The majority of women would encourage partners to seek medical advice



Only 23% of men regularly speak with partners about physical and mental health<sup>5</sup>

Men would rather do the weekly shop or sort their finances than book a GP appointment to discuss health concerns<sup>5</sup>



fewer than 1 in 4 (22%) would speak to partners about TD symptoms<sup>5</sup>

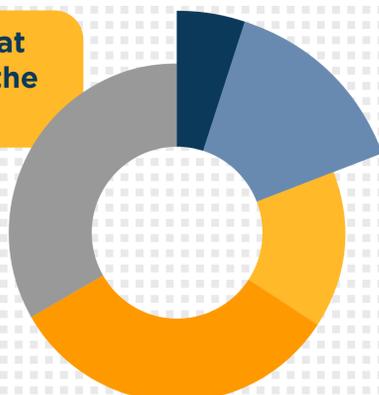
1 in 3 men don't visit their GP because they don't think their symptoms are serious enough<sup>5</sup>

1 in 3 men only visit their GP when they have their NHS MOT, every few years or not at all<sup>5</sup>

### Seeking medical advice for symptoms of TD

Men are reluctant to visit a GP if they have symptoms of TD, especially if they have loss of libido or reduced strength.

% of men that would visit the doctor for:<sup>5</sup>



- 5% Low libido
- 14% Reduced strength
- 15% Mood changes
- 32% Erectile dysfunction
- 34% Tiredness



would go online first or see how their symptoms develop due to embarrassment or not being bothered by the condition

Nearly 2 in 3



women (63%) would encourage their partners to visit GP if they showed signs of the condition<sup>5</sup>

### Improving awareness of TD



Despite these gaps in awareness and discussion about key health topics like testosterone deficiency, 70% of men and 77% of women feel more needs to be done to encourage men to seek medical advice if they suspect TD<sup>5</sup>



For further information about TD and Bayer's 'Tackle TD' campaign, please visit [www.tackleTD.com](http://www.tackleTD.com) and if you think you have symptoms, speak to a GP

### References

1. Seftel AD. Male hypogonadism. Part I: Epidemiology of hypogonadism. Int J Impot Res 2006; 18(2):115-120. 2. Hackett G et al. British Society for Andrology Guidelines on the Management of Erectile Dysfunction. J Sex Med.2017;14:1504-1523. 3. Bhasin S, Cunningham GR, Hayes FJ, Matsumoto AM, Snyder PJ, Swerdloff RS, Montori VM; Task Force, Endocrine Society. Testosterone therapy in men with androgen deficiency syndromes: an Endocrine Society clinical practice guideline. J Clin Endocrinol Metab. 2010 Jun;95(6):2536-59. doi: 10.1210/ jc.2009-2354. Review. 4. Wang, C., E. Nieschlag, R. Swerdloff, et al. Investigation, treatment and monitoring of late-onset hypogonadism in males: ISA, ISSAM, EAU, EAA and ASA recommendations. Eur J Endocrinol 2008, 159(5): 507-514. 5. Bayer Tackle TD survey 2019. Research carried out by Yolo Communications, August 2019