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It could be Low Testosterone (Low T).  
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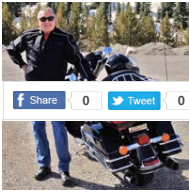
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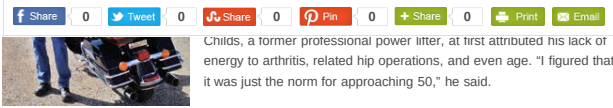
# Stop Low T From Making You Feel Old Before Your Time

Feeling fatigued? It may not be from getting older. See how low T as well as other health conditions can zap your energy.

By Vanessa Caceres  
Medically reviewed by Niya Jones, MD, MPH



Low testosterone can make you feel like you're aging all too quickly. Just ask Ed Childs, 44, of Scottsdale, Ariz. Childs said that two years ago, he felt like an old man. "I had difficulty concentrating, like my brain was in a fog," he said. He was also depressed and gaining belly

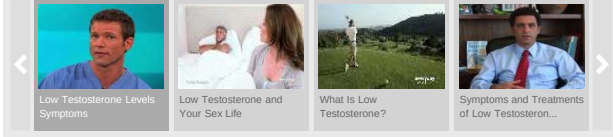


Childs, a former professional power lifter, at first attributed his lack of energy to arthritis, related hip operations, and even age. "I figured that it was just the norm for approaching 50," he said.

Richard Poeschl

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## Low Testosterone Levels Symptoms



It wasn't until he visited local physician Angela DeRosa, DO, MBA, in 2012 that he realized [his symptoms shouldn't be just an accepted part of aging](#). Exams showed that he had a low testosterone level, and Dr. DeRosa prescribed testosterone pellets. "The treatment saved my life," Childs said.

He's now back to [exercising](#) and everyday activities, and he's advanced twice in his job in the past year. His sex life has improved, and feelings of depression have gone away.

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Richard Poeschl, 64, also of Scottsdale, has a somewhat similar story. At age 50, he noticed some marked changes in his mood. "I was feeling so crabby. I had no drive to do anything," he said.

Like Childs, Poeschl thought he felt fatigued because he was aging. However, a blood test in 2006 found he had very low T. He had tried testosterone creams and injections before, but they only helped in the short term. It wasn't until he started treatment with the testosterone pellets that he started to feel vigor for life again.

"I have so much more energy," he said. He's able to keep up with the occasional long hours on his job as an insurance agent and has noticed an improvement in his sex drive and in his stamina while exercising.

### Men and Aging: Other Health Problems That Cause Fatigue

Many men may chalk it up to getting older when they feel depressed, **fatigued**, or lacking sexual desire, not knowing that low T may be the culprit, said Ronald Tamler, MD, director of the Mount Sinai Diabetes Center in New York City and an associate professor of medicine, endocrinology, diabetes, and bone disease at the Icahn School of Medicine, also in New York.

Low T can make you feel older because the symptoms take away your general feelings of confidence, strength, and masculinity, said Deepak A. Kapoor, MD, president of Advanced Urology Centers of New York in New York City.

Low testosterone is also a hallmark of andropause, the male counterpart to menopause, said Dr. Kapoor. "Changes in a man's body in andropause can be similar to a woman's with depression and mood swings, but for many years we did not identify this," he said.

Although getting a blood test for low T is a great idea if you have symptoms like Childs and Poeschl experienced, your physician should also check for other health conditions that can cause similar symptoms:

**Diabetes.** Diabetes can make you feel more tired, or you may be experiencing concurrent **diabetes and low T**, which commonly develop together in men, said Dr. Tamler.

**Obesity.** If you've gained a good deal of weight, you may feel more fatigued, or you may feel fatigued both from the weight gain and low T, which Tamler said is a common problem in men who are obese. Weight gain itself can also cause your testosterone levels to drop.

**Cardiovascular disease.** Lack of sexual function, another common symptom with low T, can be caused by cardiovascular disease, Kapoor said. "When we see men in their forties with erectile dysfunction and no other health problems, we think about cardiovascular disease," he said.

**Anemia or thyroid disease.** The thorough blood tests that your doctor should perform for symptoms of fatigue can also help determine if anemia or thyroid disease are causing you to feel like you're aging before your time, said Stephen Benz, MD, an orthopedic surgeon and founder of the Men's Medical Institute in St. Louis.

**Depression.** If you're feeling sad and sluggish lately, talk to your physician about depression in addition to low T and other possible health problems.

Above all, remember that fatigue and a lack of zest for life aren't inevitable consequences of aging. Taking care of these health conditions can put you back in control of your life.

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