

Lower Testosterone May Lead to Glucose Intolerance in Men

An article in the journal *Endocrinology and Nutrition* submitted by the Hospital Universitario Central de Asturias, Ovieda, Spain, studied the **relationship between** glucose tolerance and plasma **testosterone** concentrations in MEN.

You may NOT understand glucose intolerance or low testosterone, but you will want to.



Glucose intolerance is a very common problem. So it's essential to know whether you have glucose intolerance so the problem may be diagnosed in the early stages and steps taken to see that it is NOT exacerbated, or made worse.

So what is glucose intolerance?

Glucose intolerance is very commonly referred to as **pre-diabetes**. Normally when a person eats food, their glucose levels in the blood **increase** due to carbohydrates and the total sugar consumption.

Your **pancreas** produces a *hormone* known as '**insulin**' which helps in '**absorbing the glucose**' in the blood and then works on turning it into energy. So after eating, your (sugar) glucose levels will come down to their normal levels.

But in a person who is **glucose intolerant**, there is a problem in either 1) the *production* of insulin or 2) the *supply* of insulin into your blood stream. Thus, after eating, the blood sugar levels stay **higher** than what is good for the body.

So in the above mentioned study, their objective was to evaluate circulating levels of testosterone and it's association **with the degree of glucose tolerance**.

The study included the evaluation of **282** men aged **36** to **85** years old with normal concentrations of testosterone. Serum concentrations of testosterone and bio available testosterone were **negatively correlated** with age, body mass index, waist circumference, blood glucose, and even insulin.

This means: serum concentrations of testosterone were **lower** in men WITH glucose intolerance or diabetes --- than in those men with *normal* glucose tolerance. So if you have pre diabetes or diabetes, you're probably aging faster, gaining weight quicker... all because of a LOW testosterone level.

It's important to keep your testosterone levels as HIGH as you can for your age group, and this is best done by using a cream that you apply after a shower, (in the morning or even before a workout). It's now available at the office, and people are getting amazing results from the use of this special topical hormone cream. Get yours today.

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