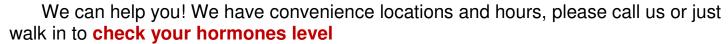


## TESTOSTERONE AND OBESITY

- 1. Obesity causes men's testosterone levels to drop, and converts testosterone to estrogen.
- 2. New evidence demonstrates that the opposite is also true: falling testosterone levels predict (and cause) development of obesity and the metabolic syndrome.
- 3. Testosterone has a powerful impact on many features of metabolism, most notably glucose, insulin, and fat regulation.
- 4. The decline in testosterone levels with age may explain why so many men at or beyond middle age have trouble shedding weight even through diet and exercise.
- 5. Experts are now calling for checking testosterone levels regularly as the best early indicator of risk for the metabolic syndrome.
- 6. Careful testosterone replacement therapy has proven effective in reducing body weight, fat content, and insulin resistance.
- 7. All men, not only those already overweight or obese, should have regular testosterone checks.



248-541-0770 or email your questions to <a href="mailto:akson@msn.com">akson@msn.com</a> with subject "testosterone and obesity"



