

## What can be done if I have TDS?

The good news is that TDS can be treated effectively with a wide range of different testosterone therapies<sup>1,8</sup>. Treatments are available in gels, injections, patches, implants and tablets.

By restoring your testosterone levels to the normal range, libido and energy levels are improved – and if you're taking tablets for erectile dysfunction you may also see an improved erectile function<sup>8</sup>. Restoring testosterone levels to the normal range is important for maintaining a healthy body as well as bone density, mood and lean body mass<sup>13</sup>.

TDS is not an easy subject to talk about, but if you suspect that you have some of the features or are positive for the ADAM test (on the back page) speak to your doctor or nurse to see if a simple blood test for testosterone is needed.

### References

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## The ADAM test

Take the following 1 minute test to see if you have any of the features of TDS<sup>14</sup>:

1. Do you have a decrease in libido (sex drive)?
2. Do you have a lack of energy?
3. Do you have a decrease in strength and endurance?
4. Have you lost height?
5. Have you noticed a decreased 'enjoyment of life'?
6. Are you sad and/or grumpy?
7. Are your erections less strong?
8. Have you noticed a recent deterioration in your ability to play sports?
9. Are you falling asleep after dinner?
10. Has there been a recent deterioration in your work performance?

### Your answers:

- **No** to all questions - you are not likely to need further tests
- **Yes** to question 1 or 7, or at least three of the other questions - you may have low testosterone<sup>14</sup> and should speak to your doctor or nurse about checking your testosterone levels.

For further information, please visit [www.sortEDin10.co.uk](http://www.sortEDin10.co.uk)



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Men,  
know  
your own  
testosterone

A quick guide to  
Testosterone Deficiency  
Syndrome (TDS)

## What is TDS and how do men know if they've got it?

**If you're rarely in the mood for sex, often feel tired, have disturbed sleep and perhaps have difficulty getting an erection, you may have Testosterone Deficiency Syndrome (TDS) (also known as hypogonadism)<sup>1</sup>.**

TDS is defined as having a few of the typical features (below) combined with a low testosterone level (usually below 12 nmol/L)<sup>1-4</sup>. One in every 200 men<sup>5</sup>, and one in ten over 50<sup>6</sup>, are believed to have it. TDS sometimes remains undetected as the symptoms are quite general and usually put down to 'getting older'.

As well as decreased libido or sex drive, TDS patients may experience one or more of the following features<sup>1-4</sup>:

- impotence/erectile dysfunction (ED)
- frequent tiredness and fatigue
- increased fat around the stomach (waist circumference more than 102cm or 40")
- depressed mood or irritability
- decreased ability to think clearly
- hot flushes or sweating
- decreased lean body mass and muscle volume or strength
- decreased body hair and skin alterations
- sleep disturbances
- increased incidence of bone fractures or low bone mineral density

**Take the 1 minute ADAM test at the end of this leaflet to see if you should have your testosterone level checked.**

## What are the causes of TDS?

**Men can develop TDS for a number of reasons. Often, a specific cause is not identified, however this is nothing to be concerned about. Typical causes of TDS include:**

- men with impotence or Type 2 diabetes tend to have an increased chance of having TDS<sup>7,8</sup>
- damage to the testes<sup>9</sup> through illness, surgery or sport
- genetic causes such as Klinefelter's syndrome<sup>9</sup>

The brain plays an important role in regulating testosterone levels, so disease of the pituitary gland can also cause TDS<sup>9</sup>. Depending on the cause of TDS the onset of symptoms can be rapid or gradual, sometimes taking years to become noticeable.

## How does TDS affect my life?

**You need sufficient testosterone levels to sustain a healthy sex life**, as normal testosterone levels help to maintain your sexual desire and erectile function<sup>10</sup>. In addition, testosterone helps to maintain your general health, positive mood<sup>1</sup> and energy levels<sup>9</sup>.

## Men with impotence / ED

**Over a third of men who have difficulty getting an erection also have TDS<sup>11</sup>.**

If you have ED and some of the features listed previously you should consider getting your testosterone levels checked. This is particularly important if your current ED treatment is not working effectively, as sufficient levels of testosterone are needed for ED tablets to have the optimal effect<sup>10</sup>.

## Men with Type 2 diabetes

**If you have Type 2 diabetes combined with any of the features listed previously (especially impotence), you've got an increased chance of also having TDS<sup>7</sup>.**

In addition to the features listed previously, studies have shown that men with low testosterone may be at increased risk of other conditions such as heart disease<sup>12</sup>. So it's worth checking your testosterone level if you have a few of the symptoms, just spend 1 minute taking the ADAM test at the end of this leaflet.