

Facts for Spouses / Partners

Understanding the Symptoms of Low Testosterone in Men

What is Low T?

Men, and the partners in their lives, may often mistake their reduced desire for sexual activity as Erectile Dysfunction (ED), when the lack of desire may be a symptom of low testosterone (Low T).⁵ In fact, Low T could potentially affect 1.7 million Canadian men over the age of 45.^{1,2} Men with chronic conditions such as obesity, diabetes and hypertension are more likely to have Low T than other men.¹

Men may be resistant to discussing issues with their spouses / partners. Partners who educate themselves about the symptoms of and treatments for Low T can help motivate the men in their lives to talk to their doctors about the symptoms associated with Low T.

What is he really experiencing?

What is said	What May be Heard	What May Be the Issue...
<i>"I don't have much energy any more."</i>	<i>He's just making excuses.</i>	<i>Low T can affect energy levels and leave a man feeling less motivated to participate in the activities he once did.</i>
<i>"I'm depressed for no reason."</i>	<i>He's in a slump and needs to snap out of it.</i>	<i>When a man experiences Low T, he can often begin to experience mood changes. Often he is unaware that Low T is a medical condition with chronic symptoms that can affect him physically and emotionally.</i> <i>He may be reluctant to talk to his doctor, spouse / partner or friends, leaving him feeling isolated and depressed.</i>
<i>"I don't have the sex drive I used to."</i>	<i>Maybe he doesn't find me attractive. Or, he could have ED.</i>	<i>Low T and ED are different conditions with different symptoms. Low T affects interest in sex, as well as ability, while ED only affects the ability to perform sexually.⁵</i>

References:

1. Mulligan T, Frick MF, Zuraw QC *et al.* Prevalence of hypogonadism in males aged at least 45 years: the HIM study. *Int J Clin Pract*, 2006;60(7):762-769.
2. Statistics Canada. Population by sex and age group. 2009. 5. Brock G. The differential diagnosis between andropause and erectile dysfunction. *J Sex Reprod Med* 2001;7(2):81-84.