

Mayo Clinic Minute

Low Testosterone Issues

VIDEO	AUDIO
	Testosterone is a vital male hormone.
	<i>Sounds from within weight room</i>
	It's essentially the hormone that's responsible for a lot of things we attribute to men, in particular.
	Things like strength and muscle mass.
	<i>Sounds from within weight room</i>
Title: LONDON TROST, M.D. UROLOGY Mayo Clinic	If you have testosterone, a certain type of cell in the body will tend to go towards muscle. If you don't have testosterone, it tends to move toward a fat-type cell.
Graphic: LOW TESTOSTERONE EFFECTS Sex Drive Erectile Function Red Blood Cells Bone Density	A lack of testosterone also affects sex drive, erectile function, red blood cell production – even bone density.
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	With that much at stake, you may wonder: Should men undergo routine screening for testosterone?
	And, right now, the answer to that is probably no.
	However, Mayo Clinic urologist Dr. Landon Trost says tests are beneficial for men with specific symptoms that might be linked to low testosterone.
Graphic: LOW TESTOSTERONE SYMPTOMS Diabetes Erectile Dysfunction Low Libido Abdominal Fat	Issues like diabetes, erectile dysfunction, low libido, difficulty putting on muscle or increasing abdominal fat.
	Anytime you're noticing those symptoms or if you notice that you're clearly different than others in your same age group, it's a good time to at least come in and see us, and find out more..
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.