

Mayo Clinic Minute: How low testosterone can affect men's health

	<p>Testosterone is a key male hormone that is responsible for characteristics like hair growth, muscle mass and deepening of the voice.</p> <p>As men age, testosterone levels gradually decline, particularly over 40.</p>
GREGORY BRODERICK, M.D. UROLOGY Mayo Clinic	<p>"The main complaint I see as a urologist is a lack of interest in sexual functioning. But fatigue, changes in mental acuity, less stamina, and very often mild degrees of depression are associated with a falling testosterone."</p>
	<p>In some cases, infertility can be tied to low testosterone.</p> <p>But presenting these symptoms or traits is not an automatic diagnosis.</p>
	<p>"Not all men need testosterone. It's very important that this diagnosis is properly made. It's made based upon symptoms, but also the actual blood level, the serum level of testosterone."</p>
	<p>When it comes to treating low testosterone, the most common way is a cream applied to the upper arm, but injectable or pill forms of testosterone are also available.</p>
	<p>"What you should notice is that within 48 to 72 hours of your dosage that your desire has improved."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>