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LOTUS HEALTHCARE

*...a healthier way forward*

June 2011

## Not tonight, darling...

Do you feel tired all the time?

Do you suffer from decreased sex drive?

Do you suffer from non-specific muscle/joint pains and muscle weakness?

Do you suffer from excessive sweating?

Do you suffer from sleep disturbance?

**Ladies - does your MAN suffer from any of these symptoms?**

If so, he could be suffering from **Testosterone Deficiency Syndrome(TDS)**.

The female menopausal state has been recognised for some time, and, now there is increasing recognition of the testosterone, or androgen, deficiency syndrome in men. Whilst there is a natural decrease in testosterone production in all men over the age of thirty, this process is more marked in some men. It is estimated that 1 in 200 men in the UK may be affected.

Testosterone deficiency is associated with a feeling of tiredness, lethargy, impaired concentration, depression, loss of sexual functioning and difficulty with erection.

### HEALTH FACTS

It is estimated that 1 in 200 men in the UK may be affected by Testosterone Deficiency Syndrome

## ABOUT US

Lotus Healthcare is a leading provider of medical services in the independent sector. Established in 1991, we provide services from our clinics in Harley Street, Harrow and Waltham Forest. We look after individuals, families and corporates, providing a personalised and holistic approach.

In addition to our general practice services, our expertise lies in the field of screening (cardiovascular, cancer, genetic and sexually transmitted

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More importantly, testosterone deficiency is now recognised to be closely associated with type II diabetes, the metabolic syndrome (insulin resistance, raised blood pressure, raised cholesterol levels and obesity), coronary heart disease (angina and heart attack) and depression. Some studies suggest that the prevalence of type II diabetes is 40% higher in men with testosterone deficiency. In addition, erectile dysfunction (difficulty to achieve erection), which is often a result of TDS, is an early marker for the onset of a heart attack or stroke by three to five years.

Testosterone measurement is not routinely carried out unless there is an associated complication, such as erectile dysfunction.

Recognition of testosterone deficiency allows appropriate treatment to be offered. This usually consists of testosterone hormone replacement, commonly in the form of patches, gels or injections.

Close monitoring is required for all those on treatment.

At Lotus Healthcare, we offer screening for testosterone deficiency, and other causes for the symptoms, and treatment for this serious and often disabling problem - physically, emotionally and socially.

For information, or to book an appointment for a consultation, please contact Lotus Healthcare on 0870 608 0083 or [info@lotushealthcare.co.uk](mailto:info@lotushealthcare.co.uk). Your enquiries will be dealt with in the strictest confidence.

For further information please visit <http://www.andropause.org.uk/default.htm>

disease management and complementary therapies such as acupuncture. We have ready access to some of London's leading diagnostic facilities and work closely with experts in a range of medical specialities.

We also provide medical assessments for insurance, immigration, employment and personal injury claims.

## ANY QUESTIONS?

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