

## TESTOSTERONE AND OBESITY

1. Obesity causes men's testosterone levels to drop, and converts testosterone to estrogen.

2. New evidence demonstrates that the opposite is also true: falling testosterone levels predict (and cause) development of obesity and the metabolic syndrome.

3. Testosterone has a powerful impact on many features of metabolism, most notably glucose, insulin, and fat regulation.

4. The decline in testosterone levels with age may explain why so many men at or beyond middle age have trouble shedding weight even through diet and exercise.

5. Experts are now calling for checking testosterone levels regularly as the best early indicator of risk for the metabolic syndrome.

6. Careful testosterone replacement therapy has proven effective in reducing body weight, fat content, and insulin resistance.

7. All men, not only those already overweight or obese, should have regular testosterone checks.

We can help you! We have convenience locations and hours, please call us or just walk in to **check your hormones level**

248-541-0770 or email your questions to [akson@msn.com](mailto:akson@msn.com) with subject "testosterone and obesity"

