



NEWS RELEASE

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MALE MENOPAUSE EASILY TREATED BY JUPITER PHYSICIAN

March 16, 2009 – Jupiter, FL – Male menopause, or hypogonadism, is a common condition affecting men beginning around the age of 50 years and older, with symptoms similar to women going through menopause: loss of sexual desire or function, psychomotor symptoms such as unhappiness, lack of concentration, low energy levels, anxiety, and trouble sleeping, and sometimes even weight gain.

Jupiter Medical Center Internal Medicine physician Gary Tobis, M.D. now offers a simple and effective treatment option to combat these symptoms: testosterone therapy injections.

Increasingly, male patients complained of these symptoms, leading him to diagnose male menopause. “Most people have heard of menopause occurring as women age, but are now beginning to realize that it also commonly affects some men as they age,” Dr. Tobis said. “Luckily, it’s easily treatable and in a cost-effective way. Many of my male patients have been successfully treated using testosterone injections.”

As men age, testosterone production slowly decreases. The decrease in the hormone production leads to the male menopause symptoms.

A simple blood test can determine if the problem is male menopause or if it is something more serious. Not every man will experience these male menopause symptoms. According to the American Association of Clinical Endocrinologists, as many as 30 percent of men over the age of 75 have lower than normal testosterone levels.

Dr. Tobis has found great success in treating the problem by giving testosterone injections to the patient on a bi-weekly to monthly basis. “My patients who receive testosterone injections are able to return to their normal lives. They see their symptoms disappear and their libido, energy and stamina increase,” he said.

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However, he cautions, although the testosterone treatments have been proven safe for use in treating male menopause, men should pay close attention to their prostate health and stay current on their recommended prostate cancer screenings. Testosterone treatment does not cause prostate cancer, but use of the hormone can stimulate the growth of prostate cancer if it develops.

For more information and to find out if testosterone injections may help your male menopause symptoms, please join us for an informative lecture presented by Dr. Tobis on **Monday, March 23, 2009, 5:30 p.m. to 6:30 p.m. at Jupiter Medical Center, Meeting Room One.** To make a reservation, register online at jupitermed.com or call 561-745-5737. If you would like to contact Dr. Tobis, please call his office at 561-747-5533.

ABOUT JUPITER MEDICAL CENTER

A not-for-profit 283-bed community Medical Center consisting of 163 private acute care hospital beds and 120 long-term care beds, Jupiter Medical Center provides a broad range of services with specialty concentrations in orthopaedics, long-term care, minimally invasive vascular procedures, cancer care, and advanced diagnostics. Founded in 1979, Jupiter Medical Center is affiliated with the University of Miami Miller School of Medicine, and is currently in the midst of a major, multi-year growth plan which includes an Outpatient Center, additional ICU beds, and a Heart & Vascular Center. The Medical Center has approximately 1,500 employees, 490 physicians, and 700 volunteers.

For more information about the services available at Jupiter Medical Center, please call (561) 747-2234 or visit www.jupitermed.com.

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Gary Tobis, M.D., Board Certified, Internal Medicine