

Testosterone deficiency syndrome: the forgotten disease?

Professor Siegfried Meryn

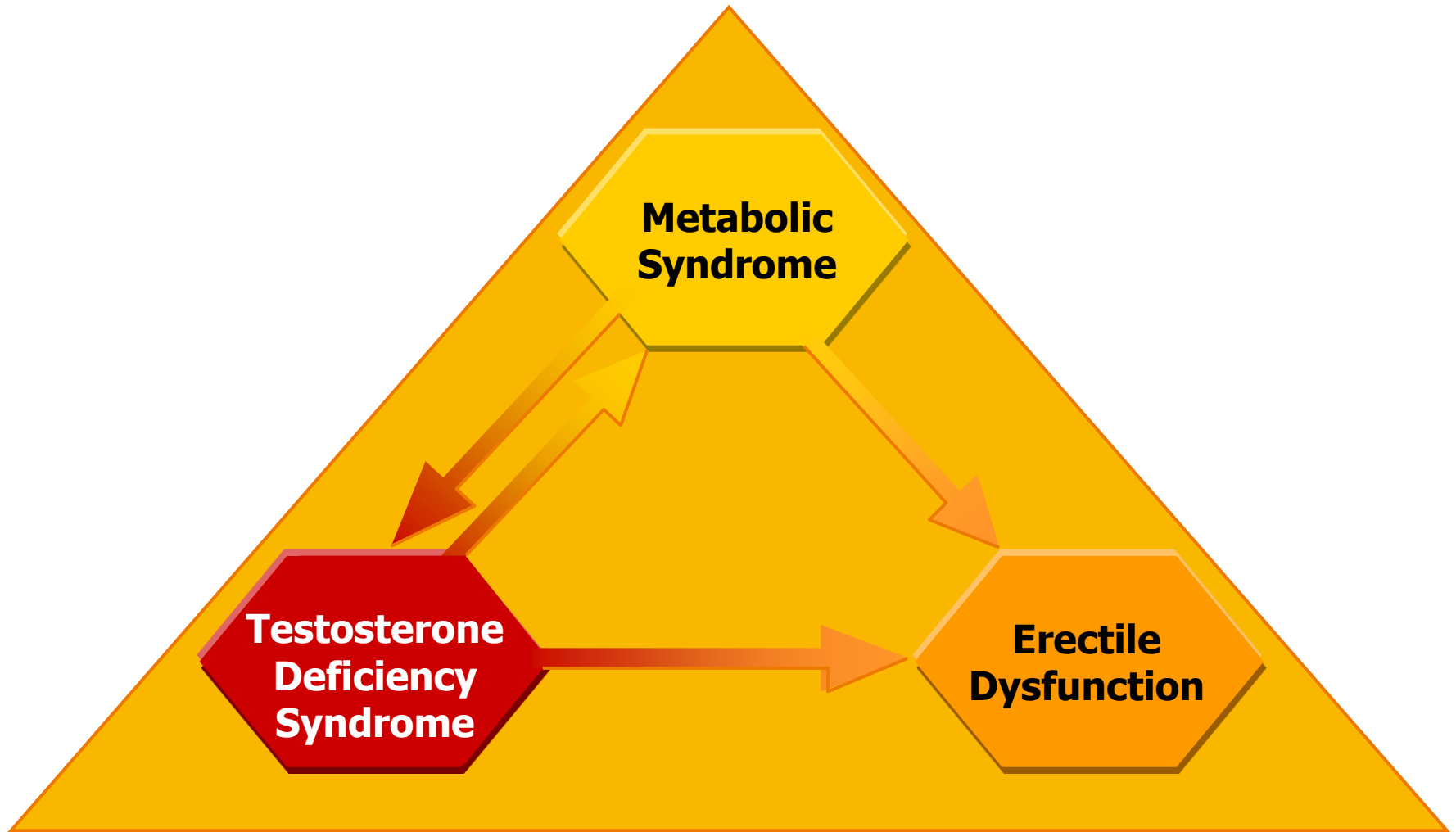
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Editor-in-Chief, Journal of Men's Health (JMH)*

Thinking beyond the disease

- The need to think beyond simply treating a disease, to treating the underlying causes of it, is well known and accepted
- However, is this the case in all disease areas?



Men's health and the vicious circle



ERECTILE DYSFUNCTION

ED: the clinical definition

“The inability to achieve and maintain an erection sufficient to permit satisfactory sexual performance”

- The causes of ED are many and varied, and both physical and psychological
- But are there underlying causes that neither patients nor physicians are addressing?

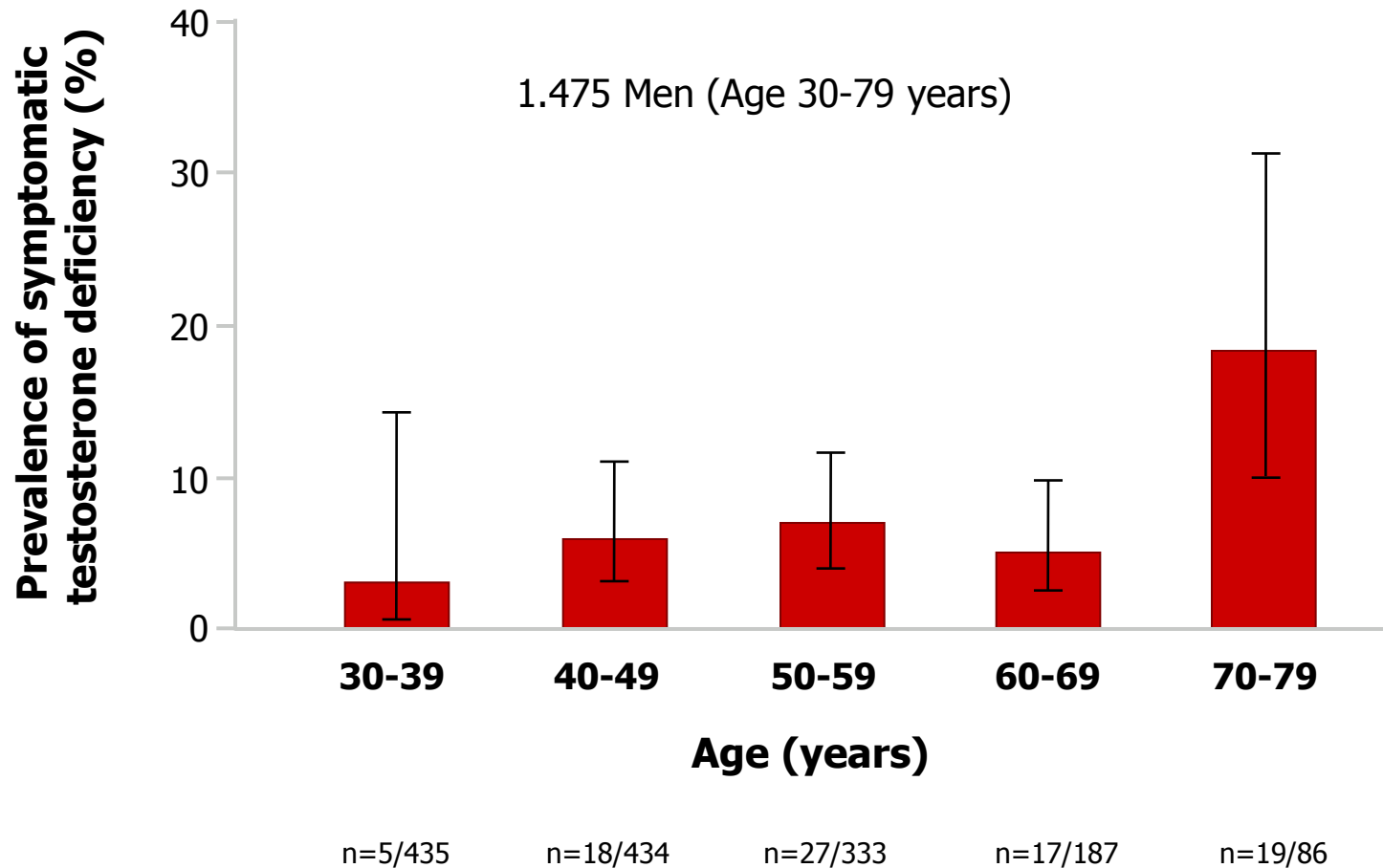
Testosterone Deficiency Syndrome (TDS)

- Many studies have confirmed that testosterone is important for modulating the regulation of erectile function
- A close relationship has therefore been demonstrated between ED and **testosterone deficiency syndrome...**

“A clinical and biochemical syndrome associated with advancing age that is characterised by [specific] symptoms.....and by a deficiency in serum testosterone levels”

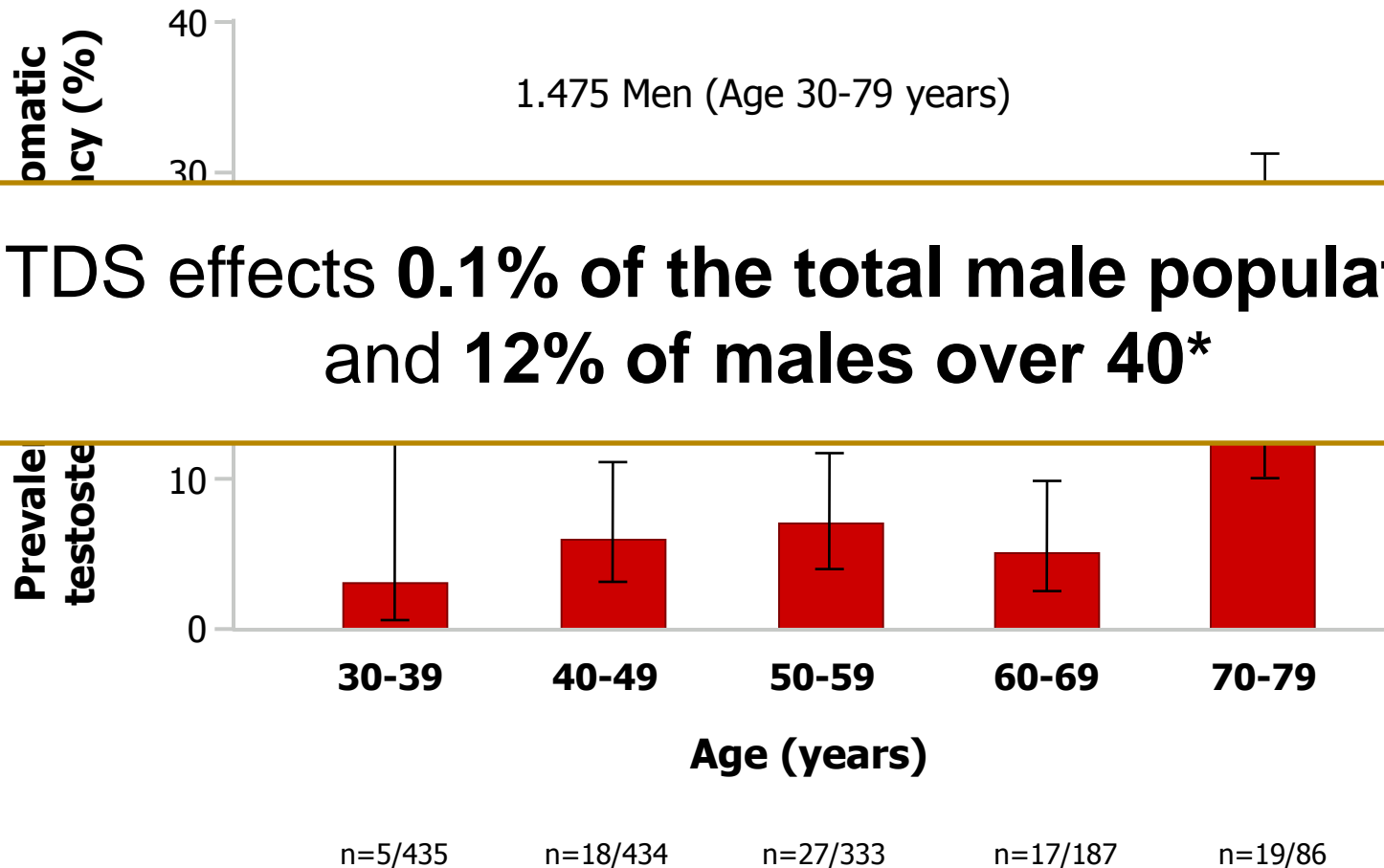
TDS: a significant problem?

Prevalence of symptomatic "Late-Onset" TDS



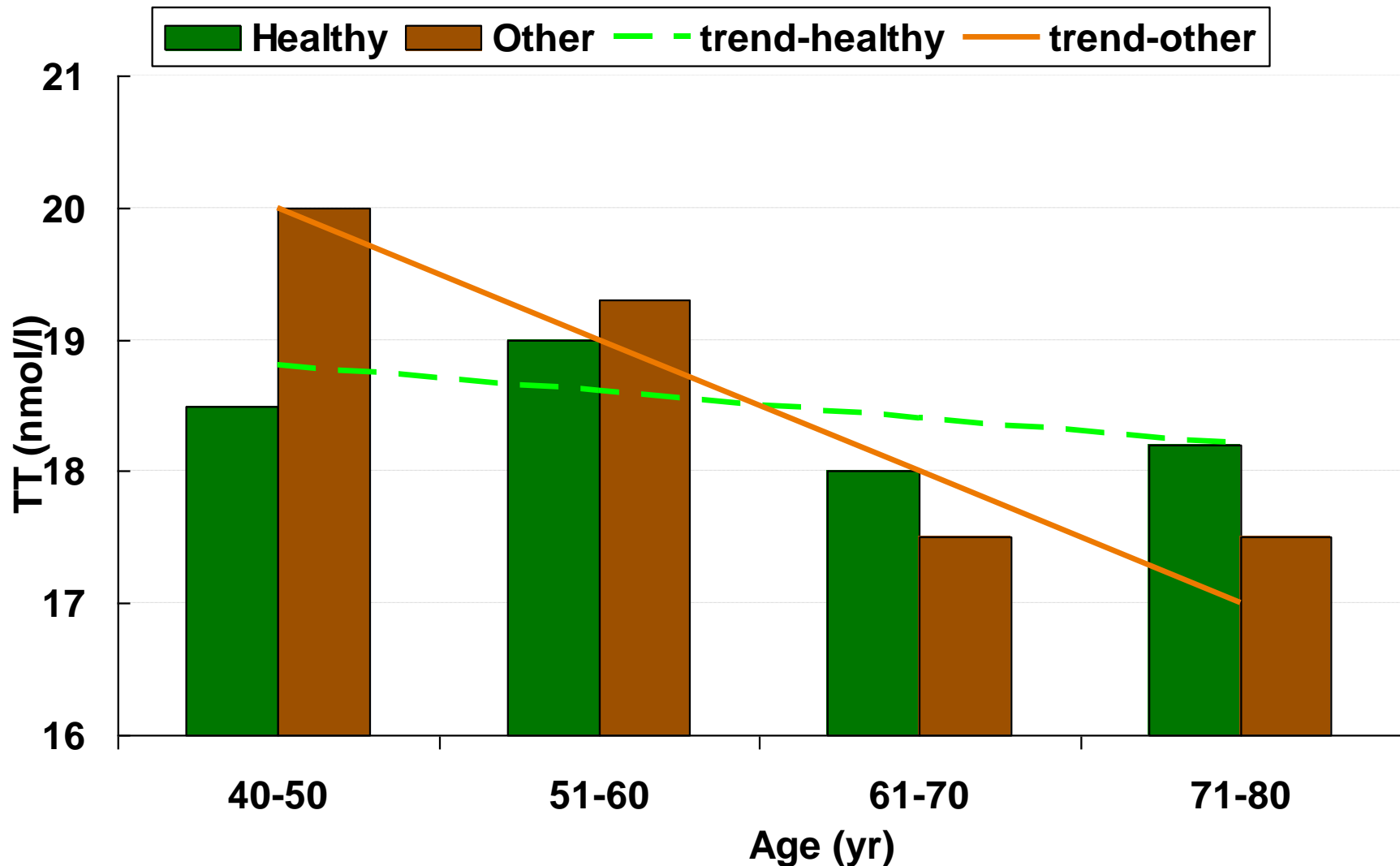
TDS: a significant problem?

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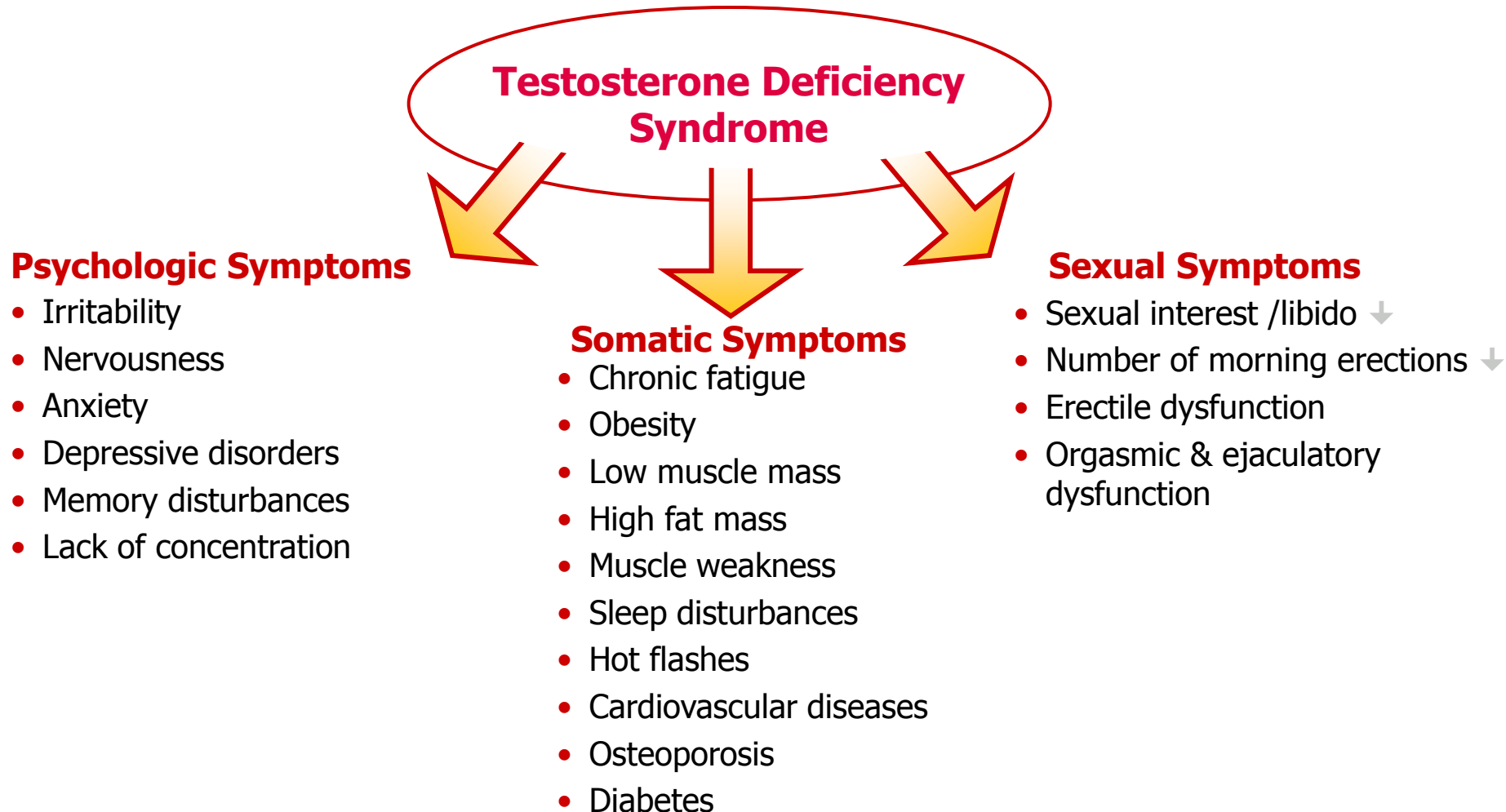
TDS AND METABOLIC SYNDROME

Decline in testosterone levels is associated with co-morbid conditions rather than with age

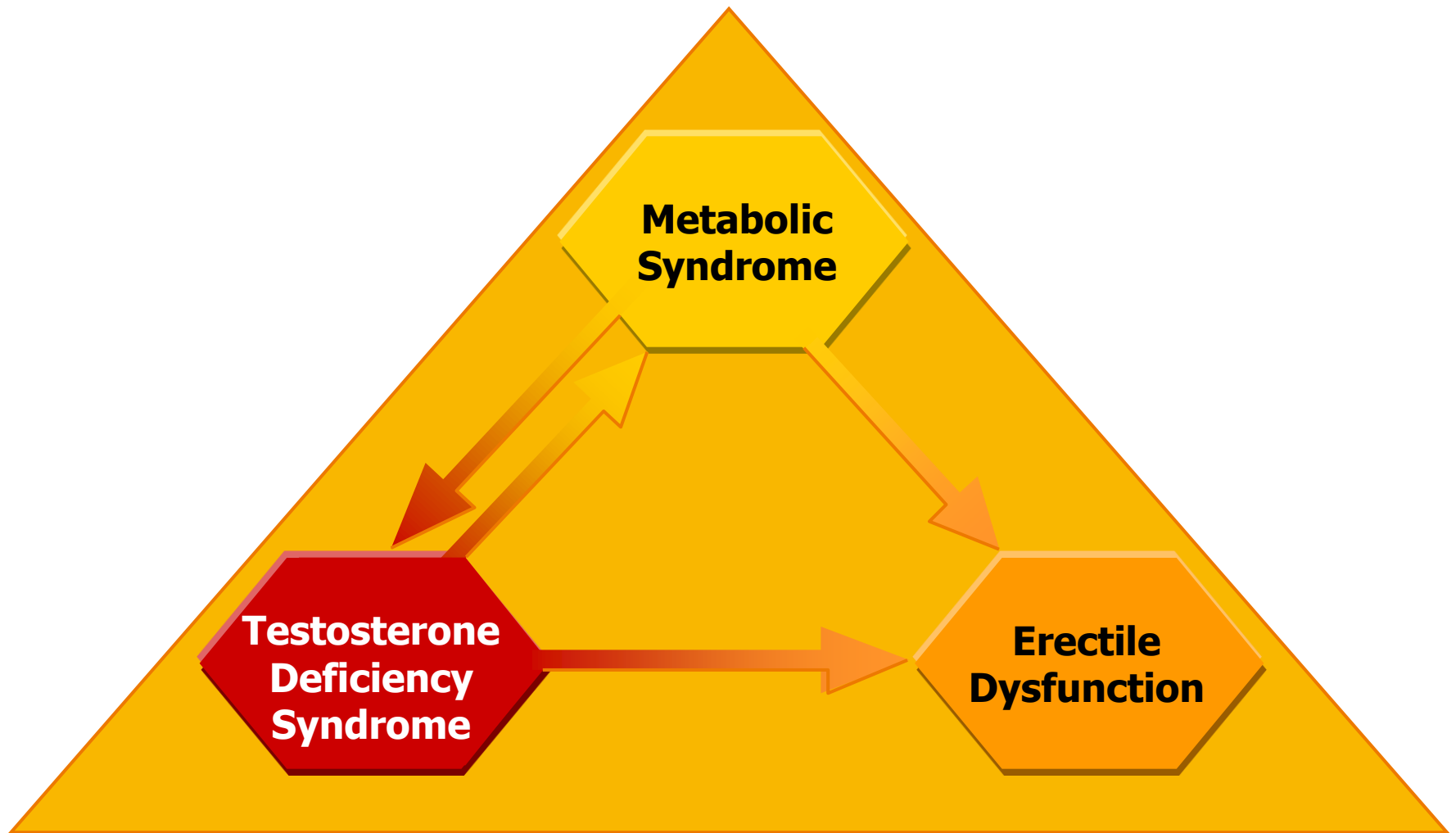


TDS: more than ED?

- Clear link between TDS and ED, though symptoms aren't purely sexual....



Men's health and the vicious circle



Defining metabolic syndrome



In men*:

Waist circumference: ≥ 94 cm

plus at least two of the following factors:

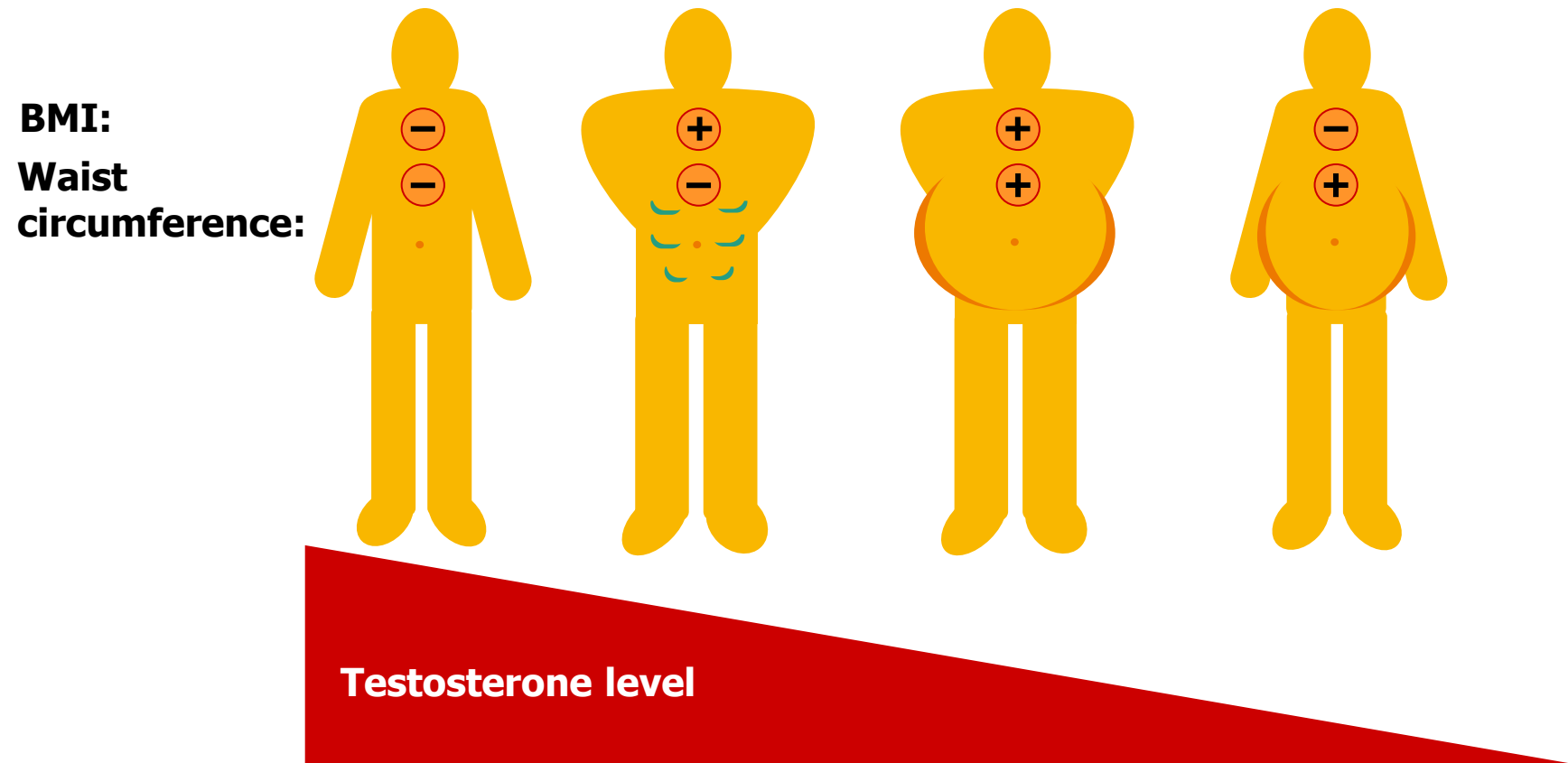
*International Diabetes
Federation 2009*



- 1. Raised triglycerides** ≥ 150 mg/dl
or specific treatment for this lipid abnormality
- 2. Reduced HDL-Cholesterol** < 40 mg/dl
or specific treatment for this lipid abnormality
- 3. Raised blood pressure** **systolic BP** ≥ 130 or
diastolic BP ≥ 85 mmHg
or treatment of previously diagnosed
hypertension
- 4. Raised fasting plasma blood glucose** ≥ 100
mg/dl (5.6 mmol/L)
or previously diagnosed/treated type 2
diabetes

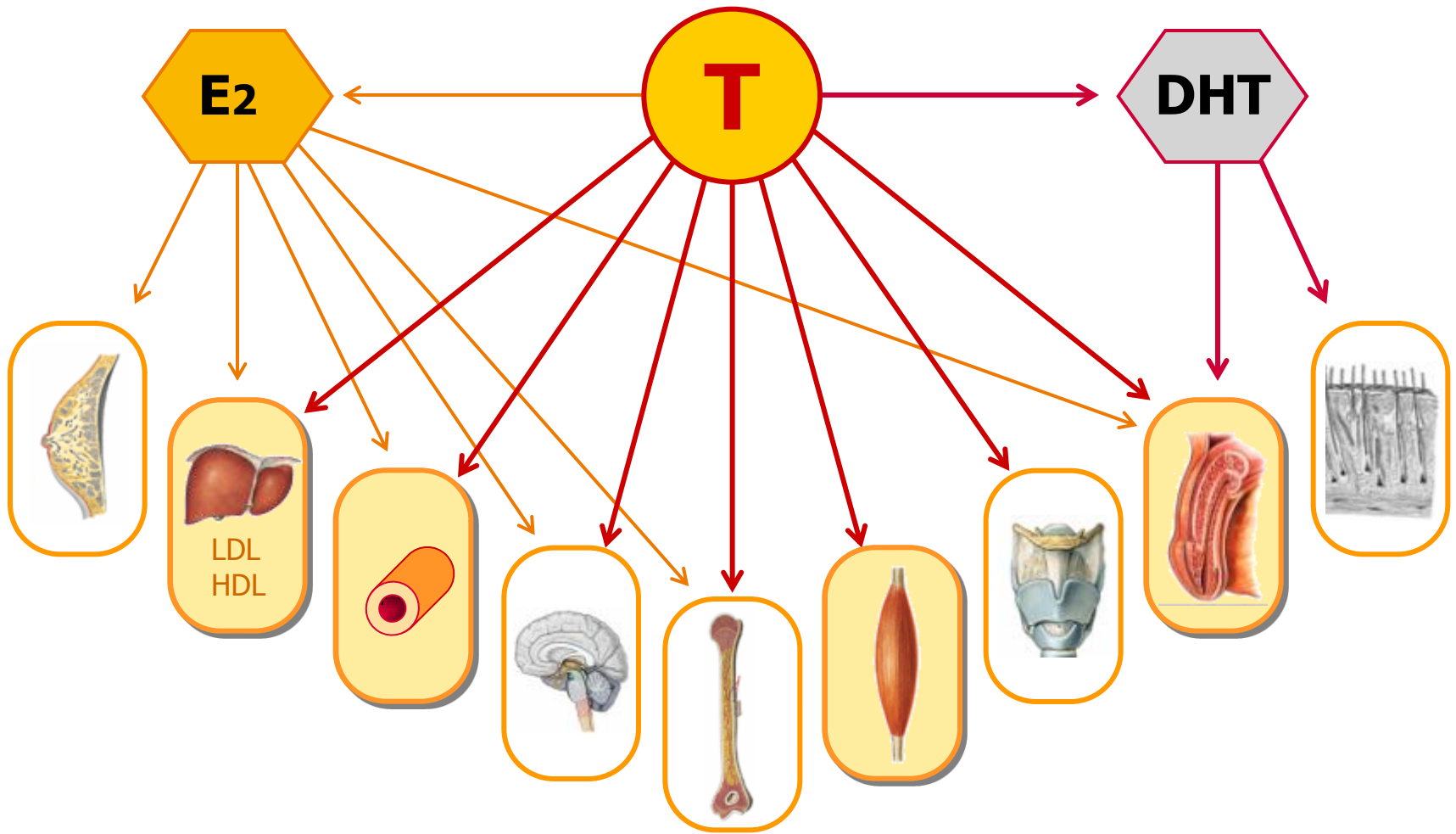
* Caucasians

Testosterone deficiency and waist circumference: a clear link



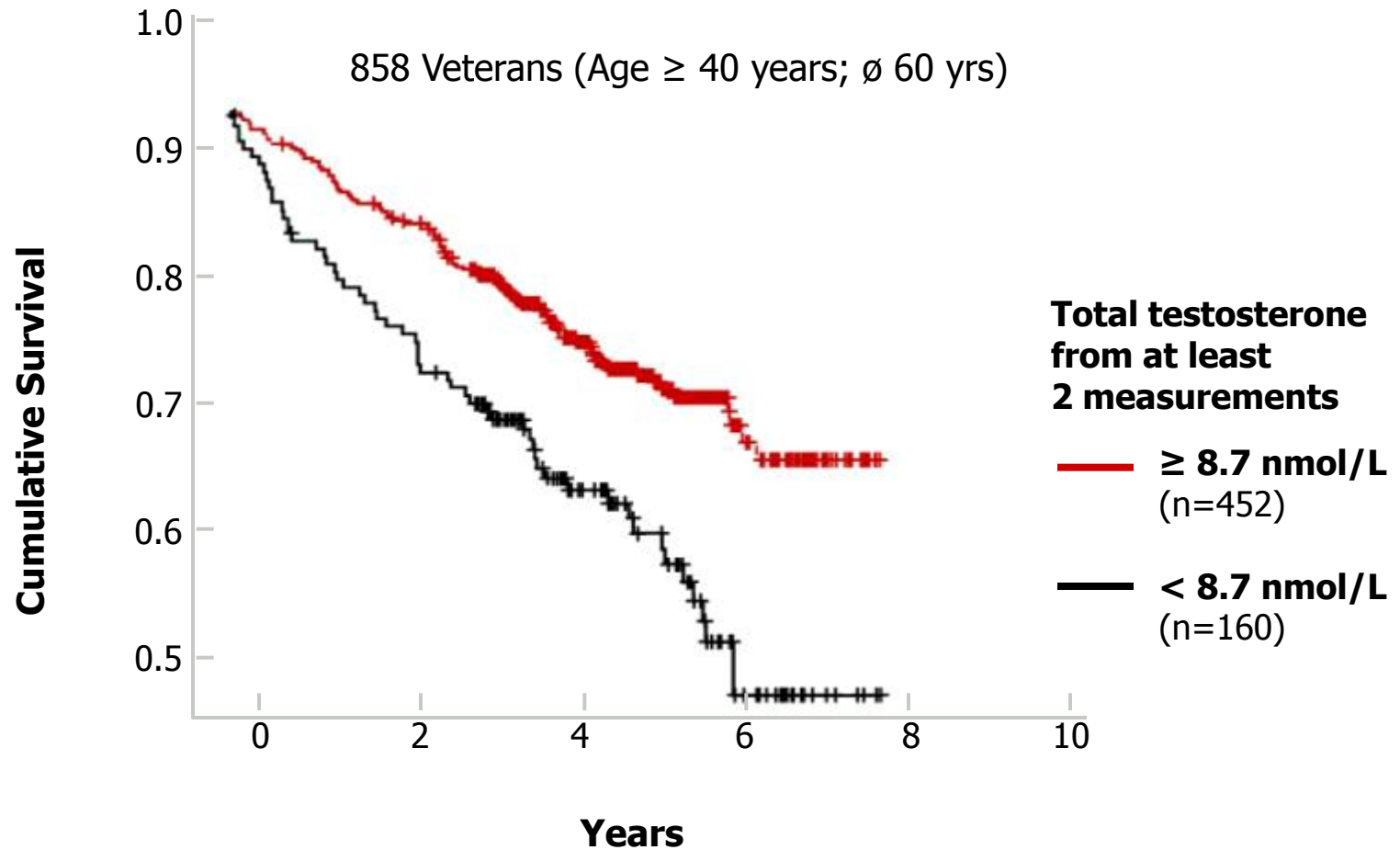
- Waist circumference might be a first indication of low testosterone levels in men

The impact of TDS and MS on multiple organ systems



No surprise then?

Life expectancy and testosterone levels

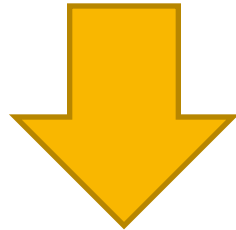


TREATMENT



The forgotten disease?

- TDS is highly prevalent, can significantly impair quality of life and is associated with severe symptoms and conditions
- However, a lack of awareness amongst both patients and the medical profession is leading to low levels of treatment for the disease



Of an estimated **16,000,000** million sufferers in the EU



Only 11,300 are being treated



What do we need to do?

Increase awareness of symptoms, effects and efficacy of treatment



Increase awareness that TDS is important, frequent, easily diagnosed, and safe, simple and economic to treat