

Centre for Men's Health

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www.centreformenshealth.co.uk/

This leaflet provides information about:

- The Centre for Men's Health
- The conditions we treat: testosterone deficiency (often called male menopause, andropause or hypogonadism); erectile dysfunction (ED/impotence) and prostate health conditions
- The advice and treatment services we offer (including appointment options, prices and how to book).

The Centre for Men's Health

The Centre specialises in providing men with high quality, leading edge medical advice and treatment for testosterone deficiency related health problems, sexual function difficulties, in particular erectile dysfunction (ED/impotence) and prostate health conditions. The Centre has so far helped thousands of men regain their health and vitality and return to a fulfilling sex life.

The London Centre for Men's Health clinic has been in operation for over 25 years. Since 2011, the Centre has also been providing sessional clinics in Manchester.

The Centre team has already published a number of journal articles about testosterone deficiency and prostate safety and is further developing its research work.

Our medical team

- *Dr Douglas Savage* – Our Senior Medical Consultant, Dr Savage, a GP with Special Interest in Sexual Medicine, has been working in the field of men's health, specialising in testosterone replacement therapy and treatment of erectile dysfunction, for over 20 years. As well as sessions in the London clinic, Dr Savage also provides medical care at our Manchester clinic.
- *Dr Mark Feneley* – Alongside his work at the London Centre, Dr Feneley is a consultant urologist at the Institute of Urology, University College London. Research interests include benign and malignant prostatic disease, PSA testing, biology of early prostate cancer and antibody targeting for imaging, with extensive publications in these fields.

- *Dr Clive Morrison* – Dr Morrison joined the practice in 2016 and works at our London Centre. Alongside his men's health experience, gained as a GP, Dr Morrison brings a wealth of knowledge on managing and treating diabetes to our team. He is a member of the editorial board of the journal Practical Diabetes, and as well as presenting research on diabetes care at national and international conferences he has won a Diabetes UK primary care poster award for research in this field.
- *Dr Malcolm Carruthers* - Founder of the Centre for Men's Health, Dr Carruthers, is a highly respected men's health specialist and world authority on testosterone deficiency. Alongside over 100 refereed papers in medical journals and editorials in the American Heart Journal and the Lancet he is the author of: 'The Testosterone Revolution' (published 2001), 'Testosterone Resistance' (2016), ADAM: Androgen Deficiency in the Adult Male - Causes, Diagnosis and Treatment (2nd edition, 2016) and 'The 50 + Plan - His and Hers Hormones' (2018). Following his retirement from our clinical team in December 2016, Professor Carruthers continues to provide the Centre with briefing on the latest research in the field of men's health.

Treatment areas

Testosterone deficiency (male menopause, andropause)

Testosterone is the key hormone (chemical messenger) in men. It is vital for to the development and maintenance of men's sexual characteristics and function, including sex drive (libido). Normal active testosterone levels help to maintain normal sex drive and fertility, as well as energy levels and healthy mood. It is also increasingly recognised as being very important to wider male health in a range of other areas, such as contributing to maintaining energy levels and healthy bones.

There are a wide range of terms in use in the media and medical information websites to describe what happens when a man's level of total or active testosterone becomes too low (deficient), or their body is unable to make effective use of the testosterone in the blood, due to age or other causes. These include: male menopause, andropause, hypogonadism and low T. The Centre generally uses the term Testosterone Deficiency Syndrome (TDS), as we believe this most accurately describes the condition and its cause.

- *Reduced testosterone levels and/or activity are common in men from the age of 40 onwards.*
- *This causes the loss of energy, libido and potency, which are characteristic symptoms of Testosterone Deficiency Syndrome.*
- *The condition can usually be helped by carefully monitored testosterone replacement therapy (TRT).*
- *TRT has been used over many years and has an excellent safety record.*
- *In addition to TRT, a wide range of other treatments to tackle erectile dysfunction and restore potency, are available.*

Symptoms of Testosterone Deficiency Syndrome

The commonest symptoms of TDS are fatigue, depression, irritability and reduced libido, or sex drive, and potency (ability to get and maintain an erection). Changes brought about by TDS are often overlooked or ignored, either because the sufferer is so pressurised by life pressures that he believes it is an inevitable part of growing older, or because his sexual partner has lost interest as well.

Besides lack of sex drive, there is often a loss of drive in professional or business life. Physically there is frequently stiffness and pain in the muscles and joints, symptoms of gout, and a deteriorating level of fitness. There may also be signs of the accelerated ageing of the heart and circulation which testosterone deficiency can cause.

Research in over 2,000 patients at the Centre for Men's Health over the last twenty years, has shown that the main causes of Testosterone Deficiency Syndrome (TDS) are stress, excess alcohol, overweight, lack of exercise and vasectomy, added to the general effects of ageing.

Research at the Centre for Men's Health has also shown for the first time that although the absolute level of measured testosterone may be within the normal range, there is often a relative deficiency due to a range of factors which cause 'testosterone resistance', and prevent the hormone being utilised effectively.

Testosterone replacement therapy (TRT) for men

TRT has been shown to be dramatically effective in relieving symptoms and restoring drive, health, potency and a sense of renewed vitality and virility when given to patients in the right doses and form at the right time.

To ensure safety and effectiveness, however, it is essential that a full assessment or 'work-up' of each patient should be carried out before hormone replacement is commenced. It is also important that the results of the treatment are carefully monitored. To this end, careful history taking and a detailed clinical examination need to be carried out.

To establish the diagnosis and to carefully monitor the treatment, biochemical measures of the sex hormones and the complex range of factors regulating their action, together with tests of blood fat, liver, kidney and prostate function, and changes in red and white blood cells all need to be checked before treatment and at each follow up visit.

TRT is usually given in the form of a transdermal testosterone gel, or through long-acting injections. Initially 3-6 monthly visits with blood tests are required to monitor responses to treatment, its safety and provide an on-going health profile.

Research and Audit

We continuously monitor and update our procedures in order to give patients the best possible service. To support this process we invite all new patients to give consent for their anonymised data to be included in our clinical audit. If you are willing to do this, you will be asked to sign a short statement to confirm that you give permission for your anonymised data to be used.

Safety

Testosterone treatment has been in use for over half a century, and has had a good safety record over this time. Detailed studies at the centre have confirmed this record.

However, every effort is made to exclude pre-existing prostate cancer by clinical examination and by a blood test called Prostate Specific Antigen (PSA), and where necessary by ultrasound scanning.

As a result of the precautions taken to safeguard patients attending the Centre for Men's Health, the incidence of prostate cancer recorded amongst our clients is certainly no higher, and possibly lower, than in the general population. All cases which do occur are diagnosed early, and a number of unsuspected cases have been detected by the screening prior to treatment.

Erectile dysfunction (ED/impotence)

What is Erectile Dysfunction?

Erectile dysfunction (ED), also known as impotence, is a term covering a range of difficulties with sexual function causing a man to be unable to get and maintain an erection that is sufficient for satisfactory sexual intercourse. However, although a wide term, ED does not cover cases where a normal erection is possible but there is a problem with orgasm or ejaculation. The most common of these is premature ejaculation, where although an adequate erection is possible, arousal and ejaculation occur too rapidly for satisfactory sexual intercourse.

Why ED matters and seeking early advice and help is important

ED can have a major negative impact both on man's self-esteem and on his intimate relationships. It is often hard for the man to admit that he is suffering from erection problems and difficulty with talking to a sexual partner about the situation can easily lead to a worsening relationship and an unfulfilling sex life for both parties. In such cases, early advice and help can prevent problems becoming entrenched and can pave the way to a return to a happy and healthy sex life for the couple.

However, in addition to the possible personal esteem and relationship consequences, it is important to get proper medical advice about ED as the problem can also be an early warning sign of underlying medical problems, such as diabetes and cardiovascular disease.

Research at the Centre for Men's Health has shown that in around two thirds of cases, by treating the underlying deficiency, testosterone can restore libido and potency by reversing adverse changes in the penile tissue. In the remaining third, our studies on over 2,000 patients have shown that combining testosterone with other standard treatments, such as Viagra (Sildenafil), Cialis (Tadalafil) or Levitra (Vardenafil) brings the success rate up to over 90%.

Prostate health conditions

A detailed urological assessment and laboratory tests are carried out for the early detection of prostatic disorders, including PSA (Prostate Specific Antigen) testing. The consultation with an experienced urologist specialising in this area includes a physical examination and assessment of the prostate. Advice is then given as to the cause of symptoms being experienced, recommended further investigations (such as a urine flow test or prostate ultrasound), if any, and treatment options where necessary.

At the Centre for Men's Health, the emphasis is placed on the prevention of prostate problems through diet and lifestyle. We are able to offer a full range of treatments, up to and including surgery for prostate cancer, either within the clinic itself or by referral to a local expert urological surgeon as required. Prostate specific treatment may be offered alongside testosterone replacement therapy (TRT), where appropriate. Where the prostate is healthy, TRT can not only help treat testosterone deficiency but can also be beneficial for the prostate. The latest research shows that TRT does not cause either benign or malignant enlargement of the prostate, but improves lower urinary tract symptoms (LUTS).

Our advice and treatment services

We offer two types of first appointment, as well as follow up advice and treatment sessions. The first appointment options are:

New patient – Full assessment (one hour)

London - £500, Manchester - £300. Blood test - £215

An in depth review of your health and any men's health treatments needs, with special emphasis on your hormonal health status, in particular in relation to testosterone. The full hour appointment allows plenty of time for you to discuss and get advice on testosterone deficiency, ED/impotence or prostate health issues. The session includes advice on any further tests needed and, where treatment is required, agreement of a treatment plan. Where your plan includes a trial of testosterone treatment, this can begin the same day. For ED, in many cases it will be possible to provide initial treatment on the basis of this first appointment. A blood test is required before the appointment, the results of which form a key part of the screening. For London appointments, this test can take place the same day.

To book: Please register on our dedicated secure patient services site menshrt.com, pay for your blood test and fill in your health data forms. These give us key background information about your medical history and any current health problems for the doctor to use at the assessment. Please then call our

main office on **+44 (0)20 7486 2277** to make a booking.

Full instructions on the booking process and a link to the registration section of menshrt.com can be found in the booking section of our site at: <http://www.centreformenshealth.co.uk/book-an-appointment/full-assessment>

New patient – General appointment (30 minutes)

London - £295, Manchester - £195

Expert advice on men's health issues relating to testosterone deficiency, ED/impotence and prostate health. The session includes advice on any further tests needed and, where treatment is required, agreement of a treatment plan. For ED, in many cases it will be possible to provide initial treatment on the basis of this first appointment. Should testosterone deficiency be suspected, a blood test and further consultation will be required before a treatment trial can be commenced, if indicated.

To book: Please call our main office on **+44 (0)20 7486 2277** to make a booking. We will need to take down some basic registration information and will then send you some health data forms to fill in. No blood test is required for this appointment.

Full details of appointments and fees can be found on our website at:

<http://www.centreformenshealth.co.uk/faqs>

We hope you have found this information useful. Full details of our services and clinics can be found on our website: www.centreformenshealth.co.uk/ if you need any more help, please call us on: **+44 (0)20 7486 2277**.