

A Wakeup Call for Men's Health

Written by Arizona Foothills Magazine

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"Movember" is a good excuse to grow out your mustache for a cause and raise awareness about major men's health issues. At The Hormone Zone, [Drs. Bosch](#) and [Robinson](#), aka the Sex Docs, are changing the game for a growing men's health concern that may be affecting you.

The fact that men experience a gradual decrease in testosterone levels (T-levels) as they enter mid-life is common knowledge, but research has revealed both testosterone levels and sperm count are lowering at a rapid rate with no signs of slowing down. Studies show this issue exists across generations. In other words, when it comes to low T-levels, age is just a number.

There's more to this drastic shift than aging, and it has a lot to do with lifestyle. Think of it this way: women who are trying to conceive are regularly reminded to maintain a healthy diet and lifestyle. No smoking. No drinking. No processed foods. Women are also taught early on to be conscious of their biological clock. Men, on the other hand, tend to hit snooze on theirs.

Many men could be in for an alarming wakeup call: infertility affects as many as one in seven couples with the most commonly identified cause being low sperm levels. Research cites a man's sperm levels as a direct reflection of his environment. Common household items from cleaning products to canned foods can harbor endocrine disruptor chemicals (EDCs) that have a toxic effect on virility.

Similarly, low T-levels have been linked to several common diseases, from cardiovascular disease to depression. One solution? Hormone Replacement Therapy (HRT). From reducing a high BMI in cases of obesity to improving cognition in older men suffering from Alzheimer's, HRT can improve not only a man's virility, but also his overall well-being and quality of life.

Dr. Robinson shared his findings on the global decline of testosterone and sperm at the 2017 International Congress on Naturopathic Medicine in London, England. Right here in the Valley, he and his wife, Dr. Bosch, have offered personalized comprehensive treatment to thousands of patients as Arizona's medical leaders in HRT—and they can help you.

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The Sex Docs thesexdocs.com.

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