

**Testosterone Enhancement for Older Men**

(2/19/16)- The initial data from the $50 million Testosterone Trial, for which the results of the first three of seven studies were published in the New England Journal of Medicine indicated that bringing the lower level of testosterone in older men to the level of younger men, improved their sexual function, but had only minimal effect on their energy levels and walking ability.

The study hopes to determine whether or not testosterone replacement lost due to normal aging in older men can alleviate age related loss of energy, sexual interest, cognition and bone density. It has largely been funded by the federal government and involves 790 men aged 65 and older, with testosterone levels well below the average for men 19 to 40.

Sexual activity, desire and erectile function did increase for the subjects in the study, but for men suffering from walking ability, increased testosterone did not increase the distance theey could walk in 6 minutes over those taking a placebo.

Testosterone therapy didn’t improve fatigue or low vitality, but did improve the degree of depression. The results of the four other studies will be published later this year.

Peter Snyder, a University of Pennsylvania endrocinologist was the principal investigator for the study.

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