

Men Do Suffer From Menopause. They are called Andropause!

Andropause is the biological changes a man goes through when the level of hormones in his body decreases due to age.

As a man ages, the level of Testosterone in his body may start to fall. This can lead to symptoms such as feeling very tired, loss of muscle mass, loss of concentration, weight gain especially around the waist and even a depressed mood with sleep disturbances.

If the Testosterone level falls too low for too long, it may even lead to more serious problems like brittle bones, chronic diseases and may even increase the risk of certain types of prostate cancer.

If you are suffering from these symptoms, see your doctor.

You may require a blood test to find out what your Testosterone level is. A good natural way to increase your Testosterone level is to lose weight if you are overweight or obese. If not, you may need some form of Testosterone Replacement Treatment.

This can be done with Testosterone Capsules, Testosterone Gels or Testosterone Injections. Although some patients may need long term Testosterone Replacement Therapy (TRT), some patients may only need it for a short time to help them lose weight and get back to a naturally healthy level of Testosterone.

If you feel that you may be suffering from Andropause, come speak to us to find out more about testing and treatment options.

1.) Dr. Tan and Partners @Novena

Men's Health & Sexual Health Clinic

Dr. Tan Kok Kuan is currently practising in **Men's Health & Sexual Clinic @Novena Medical Centre**

Address:

Novena Medical Centre
#08-31, 10 Sinaran Drive
Singapore 307506

Telephone:

+65 6397 2095

Email: doctor@drtanandpartners.com

Operating Hours:

Monday to Friday
8.30 a.m to 5.30 p.m.

Saturday
9.00 a.m. to 1.00 p.m

Sunday and Public Holiday
Closed

2.) Dr. Tan and Partners @Somerset

Men's Lifestyle Clinic

Address:

Orchard Building
#10-08, 1 Grange Road
Singapore 239693

Telephone:

+65 6262 0762

Email: doctor@drtanandpartners.com

Operating Hours:

Monday to Thursday

10.00 a.m to 2.00 p.m. and
3.00 p.m. to 7:00 p.m.

Friday

10.00 a.m to 1.00 p.m. and
2.00 p.m. to 7:00 p.m.

Saturday

9.00 a.m. to 1.00 p.m

Sunday and Public Holiday

Closed

3.) Dr. Tan and Partners @Robertson

Men's Health & Anonymous HIV Testing Clinic

Anonymous HIV Testing in Singapore:

(Don't require any identification, such as passport, NRIC or contact details during registration.)

Dr Deepa and Dr Jonathon Ti are currently practising at @Robertson Branch

Address:

11 Unity Street

#02-07, Robertson Walk

Singapore 237995

Telephone:

+65 6238 7810

Email: doctor@drtanandpartners.com

Operating Hours:

Monday to Friday

8.00 a.m to 9.00 p.m.

Saturday & Sunday

9.00 p.m. – 2.00 p.m.

4.) Dr. Tan and Partners @Scotts

Men's Health Clinic

Dr. Justin Sii & Dr. Elaine are currently practising at our Men's Health Clinic @Scotts Medical Centre

Address:

9 Scotts Road,
#06-06, Scotts Medical Centre
Singapore 228210

Telephone:

+65 6694 2348

Email: doctor@drtanandpartners.com

Operating Hours:

Monday to Friday
9.00 a.m to 5.00 p.m.

Saturday
8.00 a.m. to 1.00 p.m

Sunday & Public Holiday Closed

Posted in [Androgen](#) and tagged [Andropause](#), [Testosterone](#), [Testosterone Deficiency](#), [TRT](#). Bookmark the [permalink](#).