Beat: Health

Menopause In Men

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We always hear menopause in women and it is only associated with them, but is there a menopause for men? Yes, there are, but some objected to this label because they consider women only (which stops the menstrual cycle and stops to give birth) Some experts and scientists involved in this regard (Middle-aged crisis) and others called it the age of completion because it is actually the stage of completion of all mental abilities and professional achievements even family achievements.

There are only differences in the label and not the concept (menopause in men) the age stage that begins this stage ??? In the Western peoples starting from the age of 35 - 55 and the Arab peoples from the age of 45 and 55. The concept of menopause may persist for a long time. A group of hormonal changes (the decrease of testosterone), the weakness of the sexual and psychological ability of the behaviour of men at this age (which has contradictory feelings that make him rebel against his life and put him to find himself willing to change all Something around him).

Is it necessary to test the hormone testosterone ??? Confirmed to measure the level of testosterone in the blood by taking a simple blood sample. Testosterone is a male sexual hormone
A - when suspected infertility

(B) Decreased sexual desire;

(C) The cause of premature maturity of a boy (under 10 years of age) and the appearance of secondary sex marks (hair growth, etc.).

The high level of hormone in men does not mean evidence of masculinity, but may indicate the enlargement of the testicle or adrenal gland

E. Gynecomastia Some diseases (such as various liver diseases, pituitary / adrenal problems, or testicular diseases - kidney disease) may cause.

To stop production of testosterone What do we mean by the lack of male hormone? The human body deals with hormones through a limited ratio between natural and abnormal, so any change, even if it affects the body and at the level of cellular, tissue and organic also, is measured in the proportion of the hormone in the morning and measurement is difficult in general since the ratio is constantly changing and the normal ratio In males of 270 to 1070 nm for every ten liters of blood, physical symptoms ... are similar to those seen in menopausal women

1 - poor concentratio
2 - feeling tired from the least effort
3 - loss of appetite and depression sleep a lot,
4 - in addition to sexual trouble.
5 - Decreased rate of muscle mass and bone and increase the mass of fat that accumulate in the abdominal area
6 - disturb the autonomic nervous system, where the patient suffers from the night sweats profuse
7. Feel the fits of heat that can not afford.
8. Some cases may lead to redness of the skin

Behaviorism ...

“¢ Frequent grumbling
“¢ The man begins to think about marital infidelity, believing that it is the only solution out of the boredom and routine of life that he lives.
“¢ Making irresponsible decisions regarding the disposal of his money.The job has left drastic changes to its external appearance. Careful of its adornment. Many men change the color of the hair and mustache to hide every trace of time. Some also offer cosmetic operations such as poetry, clothing and listening to songs. Light rhythm
“¢ Men lose interest in their wives and men start spending less time with family or at home.
“¢ Some men tend to be extravagant in smoking or drinking alcohol.
“¢ nostalgia for the past dramatically (the stage of youth and celibacy)

Psychologists have confirmed that most men go through this stage and not all of them can be divided into Psychologists say that most men go through this stage and not all of them can be divided into three categories:

1. The first positive category: the success of his career, the family and the crisis pass without being affected. The achievements in youth and marriage were not based on an emotional relationship. Everything turns from alcohol to drugs to escape from reality, divorce, family destruction, marriage of a young woman, illegal relationships and sometimes suicide.

2 - The second category is the opening, which begins at the age of forty, for example, marriage and family formation, work activities, deferred projects or the work of the travel project around the world to change the atmosphere or complete the study may be accompanied by changes in behaviour from shy to bold and unsuccessful unsuccessful some opinions.

Mr. Yassin Hakan, a self-development coach from Morocco, said that it is a dismal experience. This is what every person who passed it says to someone who believes that he has reached a stage in the middle of his life through his achievements or his job.
This crisis is related to the character and personality of the person and his social environment and the environment in which he lives ... While the opinion of a man of forty(s) said that it was a difficult stage in my life I grew up in a religious family and I have a wife and obedient children but suddenly
I got up and felt that I did not live my life like the others I left my family and travelled and I have several relationships with women and because of my ignorance I was ill as a result of those relationships And here I am lying in the hospital for years My wife separated me and abandoned my children I paid dearly

Mohammed al-Kubaisi civil activist said that this period is important in the life of men and not as dangerous as some believe is the completion of psychological maturity at all levels and a person can evaluate everything that passed through the stages of his life if successful or failed solutions to get out of this stage without losses ???

1 - Some medicines and drugs recommended by doctors, but not guaranteed success
2 - A great understanding of the family as this should be treated dialogue and not repulsive and abandonment
3 - The help of a psychologist should be requested in the event of failure of the family necessary to pass this stage the slightest damage.
4. Exercise continuously stimulates the secretion of hormone in the body as obesity leads to low levels of testosterone.
5 - Travel

6 - Elimination of negative shipments in the body
7 - Participation in humanitarian work
8 - There are also some foods that stimulate the secretion of testosterone in the body, such as foods rich in zinc.
9 - And magnesium such as broccoli, cabbage, and broccoli. Some foods that contain monounsaturated foods also increase the body's testosterone, such as nuts, calacuts, almonds, walnuts, and peanuts. Most people who have low testosterone have vitamin D deficiency. Care must be taken to compensate for this deficiency by exposure to sunlight
10 - Be careful to take adequate sleep during the day and reduce the stress and fatigue because the feeling of fatigue and fatigue reduces the production of male hormone in the body in conclusion It is very important not to hesitate to consult a doctor in the event of any disorder because early diagnosis plays an important role in achieving good results Which removes one of those disturbances that disturb the mood. The crisis remains dependent on the confidence and faith of man himself and his ability to overcome them wisely without any losses.

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