TAMPA CITY PULSE
WHERE EVERY HEARTBEAT COUNTS

LOW T

SIMPLE WAYS TO KEEP HEALTHY TESTOSTERONE LEVELS

2-4 million men in the US suffer from below-normal testosterone levels. Only 5% of these men are currently being treated. Men with low T are in danger of losing muscle mass, bone density, and sex drive. **If you feel any of the side effects of low T (depression, low energy, muscle weakness, lack of sexual drive) make an appointment to see your provider.** To help avoid problems with low T follow the steps below to lift your levels and lengthen your life naturally:

1. LOSE SOME INCHES OFF YOUR WAIST

As your waist size goes up, your testosterone goes down. A 4-point increase in your body mass index—about 30 extra pounds on a 5'10" man—can accelerate your age-related T decline by 10 years.

2. EXERCISE IS KEY

Testosterone will steadily increase with moderate to regular exercise. Also, maintaining lower levels of body fat support testosterone production.

3. CHOOSE THE RIGHT FATS

Trimming lard from your diet can help you stay lean, but eliminating all fat can cause your T levels to plummet. To protect your heart and preserve your T, eat foods high in monounsaturated fats—such as fish and nuts.

4. LIMIT ALCOHOL INTAKE

Long-term alcohol consumption has been linked to decreases in testosterone. Limit your drinking to one or two glasses of beer or wine a night to avoid a drop in T.

5. STOP STRESS

High levels of stress increase cortisol levels in the body, resulting in lower testosterone. Meditating for at least 10 minutes a day can help you de-stress.

Want to schedule an appointment?
Log in at **patients.careatc.com** or call **800.993.8244**

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