THE ROLE OF TESTOSTERONE DEFICIENCY IN DEPRESSED MOOD OF THE AGING MALE

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ABSTRACT

Females go through menopause and experience a cluster of symptoms associated with hormonal changes. These symptoms are well recognised and are attributable to hormonal changes. As such, hormone replacement therapy is available to combat these symptoms. Males too, do go through andropause and do experience similar symptoms of which depressed mood is one. This literature review was conducted to review available literature on the role of testosterone in depressed mood and to evaluate whether testosterone replacement does play a role in a patient with depressed mood and other symptoms of testosterone deficiency. The review showed that there may be no direct and consistent correlation between testosterone levels and depressed mood, however supplementation with testosterone did improve mood in patients who suffered other symptoms of low testosterone. There was overall improvement in general well-being and quality of life, but no strong evidence showing improvement in depression per se.