RESTORING TESTOSTERONE TO NORMAL LEVELS IN ELDERLY MEN IS EFFICACIOUS IN WEIGHT REDUCTION. A FOLLOW-UP STUDY OVER 5 YEARS.

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Introduction: Obesity is associated with reduced testosterone, and low testosterone induces weight gain. This study analysed the effects of normalization of serum testosterone in mainly elderly, hypogonadal men.

Methods: A cumulative, prospective study of 251 men (aged 38 – 83 years, mean 60.6 ± 8.0 years), with testosterone levels between 0.14 –3.5 ng/mL. Cut-off point for testosterone treatment was serum testosterone ≤ 3.5. ng/mL (12 nmol/L). 214 men were studied for at least 2 years and 115 for at least 5 years. They received parenteral testosterone undecanoate 1000 mg/12 weeks.

Results: After 5 years the following changes were observed: weight (kg) from 106.27 ± 17.02 (minimum) 70.0, maximum) 139.00) to 90.04 ± 9.55 (min 74.00; max 115). Waist circumference (cm) from 107.21 ± 9.16 (min 86.00; max 129.00) to 98.43 ± 7.42 (min 84.00; max 117.00). Body mass index from 33.95 ± 5.57 (min 21.91; max 46.51) to 29.17 ± 3.11 (min 22.7; max 36.71). Serum cholesterol (mg/dL) from 281 ± 40 to 188 ± 1; LDL (mg/dL) from 163 ± 41 to 109 ± 35; Triglycerides (mg/dL) from 276 ± 51 to 189 ± 11. Glucose (mg/dL) from 103 ± 14 to 94 ± 2. Systolic blood pressure from 153 ± 17 to 137 ± 11; diastolic from 93 ± 11 to 79 ± 7 mm Hg.

Conclusions: Raising serum testosterone to normal produced loss of body weight / waist circumference and improved metabolic profile / blood pressure. These improvements were progressive over the full 5 years of the study.