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Three Benefits of Male Hormone Replacement by [James Blee](#)

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With age, most men see a drop in the levels of testosterone in their body. For those above 40 years of age, a drop in the male hormone level seems to be quite natural. In spite of that, there are men who would like their testosterone levels to go back to what they used to be. This is where male hormone replacement becomes an important process. Similar to female hormone replacement, which is an interesting solution after menopause, there are pros and cons in male hormone replacement therapy as well. It is therefore very important to take a well judged decision as to whether one really needs hormone replacement and whether the positives outweigh the risks.

There are some benefits of hormone replacement therapy. Since testosterone is a male hormone responsible for muscle growth and bone growth, its replacement in aging men could bring about some benefits. Moreover, those men who undergo the therapy are found to stay fitter, stronger and virile for a longer time. If this adds to the contentment of an individual, then definitely it is worth way to compensate the dropping levels of testosterone.

Another very important benefit is that testosterone replacement therapy reduces the metabolic syndrome risk factors. This is because when the testosterone levels are low, it could be associated with what is known as metabolic syndrome, which involves such risk factors like higher blood pressure and abnormal levels of cholesterol. Thus, testosterone replacement therapy can actually help in preventing diseases of the heart and also in minimizing the chances of a heart stroke or diabetes. The therapy helps in enhancing the bone mineral density. Loss of bone density could lead to osteoporosis, and hence it is important to keep the density of bones to healthy levels. There could be increase in lean body mass as well.

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