

American Men are Losing Their Vitality

Doctors Are Seeing an Alarming Number of Men Who Are Reporting a Decrease in Their Energy Level and Sex Drive. Often Mistaken for Depression, This Loss of Vitality May be From Other Sources.

Dallas, TX (PR Web) February 2, 2010 – Physicians are taking a new look at male patients who complain about a loss of energy and a decreased libido. With the ups and downs of the economy, many men are assumed to have depression or stress related problems. In the past, a lack of libido was associated with a much older population, but some doctors are now reporting a large number of cases in men in their 30-40s.

A recent study showed that as many as 13 million men may be suffering from low testosterone. Many other studies have shown the male population to be deficient in important vitamins, like Vitamin D. Hormones and vitamin deficiencies are often the root of low energy and low libido in men. Some doctors are being more conservative with anti-depressants and instead are choosing to rule out other sources for the problem.

Dr. Walter Gaman of Executive Medicine of Texas explains, “Many doctors are too quick to cover the symptoms, instead of fixing the cause. We have developed a Vitality Profile which tests for a multitude of hormones and vitamin levels in the blood, coupled with an in-depth doctor patient interview. It is amazing what you can find when you take the time to look. As a result, we have helped numerous men get their life back.”

Dr. Gaman, along with his partner Dr. Mark Anderson, is an expert in proactive and preventative medicine. They are the co-authors of *Stay Young 10 Proven Steps to Ultimate Health*, a book that was released January 1, 2010.

At a recent speaking event, Dr. Gaman pointed out the benefits of a healthy sex life. These benefits included: better immunity, a longer life, and better mental clarity. “Having a reduction in libido has more effects on men than just the lack of immediate satisfaction.”

While depression is real and should not be left untreated, patients should consider asking their doctors to do more extensive tests to rule out an underlying cause for their lack in vitality. Dr. Anderson explains, “Women often go to their gynecologist for these types of issues, but finding a doctor who specializes in men is not as easy. This is probably why we have so many people fly in to see us at Executive Medicine of Texas.”

Previously, men were less likely to admit when their sex drive and energy levels were down. With the recent media exposure related to erectile dysfunction, more men are seeking help. As a result, other health issues are uncovered and then treated. To schedule your own vitality evaluation with Dr. Gaman or Dr. Anderson call (817) 552-4300 or (800) 910- EXEC. You can also learn more by visiting the Executive Medicine of Texas website at www.emtexas.com