

# Survey Highlights

## *Low Testosterone: Men's Health Condition in the Shadows*

### Survey Background

- Harris Interactive conducted this on-line survey in January 2006.
- 522 American men over the age of 39 were surveyed.
- The average age of respondents was 56.

### Low Testosterone Background

- An estimated four to five million American men may not produce enough testosterone.
- Low testosterone can have a negative impact on quality of life and may indicate the presence of a serious underlying medical problem.
- Low testosterone is a distinct clinical condition that is defined by abnormally low testosterone levels and is associated with many major health conditions such as diabetes, depression, heart disease, and erectile dysfunction.
- Research finds that men know very little about testosterone, the potential long-term consequences of low-testosterone, and the availability of testosterone replacement therapies that can often normalize testosterone and positively impact quality of life.
- A survey conducted in 1998 by Roper Starch Worldwide of 1,000 men, found that 68% of participants could not name a symptom or condition associated with low testosterone.

### Concerns of American Men about their Health and Low Testosterone

- When compared with other health conditions, only 4 percent of American men over the age of 39 are the most concerned about low testosterone. Fourteen percent are the most concerned about erectile dysfunction.
- When compared with other health conditions, the top three health concerns for men over the age of 39 are cancer (36%), heart disease (37%), and high blood pressure (35%).
- Most American men in this age group would consider taking a prescription drug to increase energy levels and decrease body fat, two of the symptoms commonly associated with low testosterone.

Respondents would consider taking a prescription treatment that could...	Agree (net) %
Increase my energy levels	60
Decrease my body fat	57
Increase my bone density	44
Increase my sex drive	41

Increase my muscle mass	36
Decrease my mood swings	27

### Seeking Information about Low Testosterone

- Men who report that they are uncomfortable discussing certain health conditions with their doctors cite “embarrassing” or “too private” as reasons. Sixty-two percent of respondents report that they would be uncomfortable talking about low testosterone because it is embarrassing.
- Ninety-seven percent of American men over 39 have not discussed low testosterone with their doctor. Ninety percent have not discussed erectile dysfunction with their doctor.

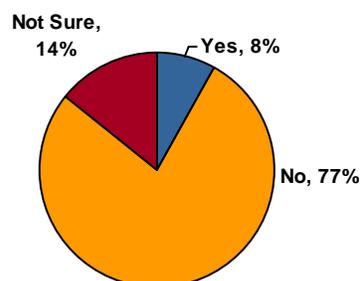
### Symptoms of Low Testosterone

- One-third of American men over 39 experience two or more symptoms associated with low testosterone such as reduced energy and muscle strength, low libido, increased body fat, weaker bones, and mood swings. Very few associate these symptoms with low testosterone.
- Ninety-one percent of men over 39 do not know or are unsure of at least one of the symptoms associated with low testosterone. Most view the symptoms as part of the normal aging process.

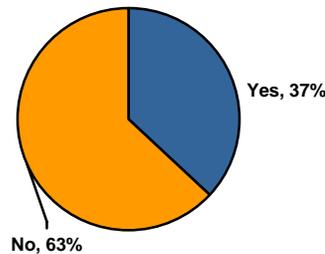
Respondents that describe symptoms as...	Reduced energy %	Low libido/ED %	Reduced muscle mass/strength %	Increased body fat %	Mood swings %
Part of the normal aging process	36	40	48	26	4
Indicative of a larger health issue	19	19	19	12	32
Both	31	25	26	35	29
Neither	5	7	4	14	12
Not sure	9	9	4	12	24

### Testing and Diagnosis of Low Testosterone

- Seventy-seven percent of American men over 39 have not been tested by their doctors for low testosterone.



- Of the men who were tested for low testosterone, 37 percent were diagnosed with low testosterone.



### Summary and Conclusions

- The Harris Interactive national study, titled “Low Testosterone: Men’s Health Condition in the Shadows,” found that men over the age of 39 fail to associate “aging” symptoms with low testosterone, a deficiency that has been linked to diabetes, heart disease, depression, erectile dysfunction, and osteoporosis.
- The study suggests that many men in America do not seek treatment because they attribute symptoms of low testosterone to the normal aging process, rather than to a distinct clinical deficiency.
- Given the number of men experiencing these symptoms and the estimated number of men with untreated low testosterone, it is important that more men be tested for low testosterone to identify if they are candidates for testosterone replacement therapy.
- More education and awareness about low testosterone and the associated symptoms is needed among this age group, and the lines of communications between patients and doctors about this condition must be opened.

**For more information about this survey or to speak with a Men’s Health expert please contact:**

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*Support for the survey has been provided by an unrestricted educational grant from Auxilium Pharmaceuticals, Inc. and Oscient Pharmaceuticals Corporation.*