

# MANAS

*Speaks*

Volume 03

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**“Health is a relationship  
between you and your body”**

**#HealthPsychology**

## HEALTH PSYCHOLOGY FOCUS

Mindfulness

Type 1 Diabetes

Male Menopause

Positive Emotions

Yoga & Wellbeing

**The Academy of  
Psychology**



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# MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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## Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

*Disclaimer: Information provided in this magazine is purely for research and education purpose only.*

# Understanding Male Menopause: Facts and Challenges



THIN

## What Is Male MENOPAUSE?

Hormones are chemical messengers that are secreted directly into the blood, which carries them to organs and tissues of the body to exert their functions. The effect of changing hormones in men and women are common which can produce both physical and psychological symptoms. Many doctors are noticing some of the symptoms in men which were the same experienced by the women in perimenopause and menopause.

“Male menopause” is the more common term for andropause, many doctors use the word andropause than male menopause. It describes age-related changes in male hormone levels. This is also known as testosterone deficiency, androgen deficiency, and late-onset hypogonadism.

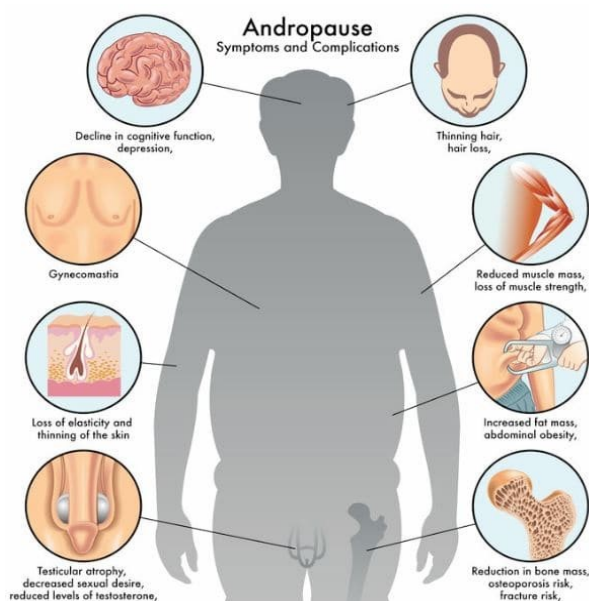
## Facts About Male Menopause

The medical society is currently debating whether or not men do go through a well-defined menopause. Taking treatment for low testosterone to get relief of some symptoms associated with menopause or andropause.

Some people refer to declining testosterone as "menopause," but it is not really like menopause in women. During menopause, the estrogen produced by the ovaries declines sharply and causes a typical set of symptoms, although they can still vary from woman to woman. In men, the decline is gradual and may not cause any specific health problems. The female menopause marks the end of the female reproductive cycle. However, men experience a range of symptoms and changes while growing older, which some people compare to the effects of menopause.

| Male Aging Facts   | Female Aging Facts  |
|--|---|
| <ul style="list-style-type: none"> <li>• Testosterone production decrease gradually beginning around age 30</li> </ul> | <ul style="list-style-type: none"> <li>• Estrogen production drops rapidly beginning around age 40</li> </ul> |
| <ul style="list-style-type: none"> <li>• Sperm production does not stop</li> </ul>                                     | <ul style="list-style-type: none"> <li>• Egg production stops completely</li> </ul>                           |
| <ul style="list-style-type: none"> <li>• Not all men experience low testosterone and sperm production</li> </ul>       | <ul style="list-style-type: none"> <li>• All women experience low estrogen and egg production</li> </ul>      |

## Symptoms Of Male Menopause



Male menopause can cause physical, sexual, and psychological symptoms. They typically get worse as age increases (after the 50s). The symptoms are:

- ◆ Low energy
- ◆ Depression or sadness
- ◆ Decreased motivation
- ◆ Lowered self-confidence
- ◆ Difficulty concentrating
- ◆ Insomnia or difficulty sleeping
- ◆ Increased body fat
- ◆ Reduced muscle mass
- ◆ Feelings of physical weakness
- ◆ Development of breast (Gynecomastia)
- ◆ Fat build-up around the abdomen
- ◆ Decreased bone density
- ◆ Erectile dysfunction
- ◆ Reduced libido
- ◆ Infertility
- ◆ Mood swings and irritability
- ◆ Hot flashes
- ◆ Dry, thin skin

## ◆ Excessive sweating

People may also experience swollen or tender breasts, decreased testicle size, loss of body hair, or hot flashes. Low levels of testosterone associated with male menopause have also been linked to osteoporosis. This is a condition where your bones become weak and brittle. These are rare symptoms. They typically affect men at the same age as women entering menopause.

## Know About TESTOSTERONE!

Testosterone is an important male hormone mostly produced in the testicles. Before enter puberty, the testosterone levels are low, they slowly increase as sexually mature. It awakens typical changes involved in male puberty, such as the growth of muscle mass, growth of body hair, lowering of the voice, and changes in sexual functioning. The normal range of testosterone in males is about 270-1070 ng/dL with an average level of 679 ng/dL. According to new guidelines of The American Urological Association < 300ng/dL is considered as low testosterone levels. A normal male testosterone level peak at about age 20, and then it slowly declines after 30 an average of 1-2 percent per year.

Some health conditions can cause earlier or more drastic declines in testosterone levels. When testosterone levels decrease, the desire for sex also decreases, a drastic drop in testosterone can lead to decreased libido.

Common Causes For Male **MENOPAUSE**

Restless legs syndrome (RLS), Depression, Chronic illness, Sleep problems, Aging, Stress, Low self-esteem, Exercise, Alcohol, Drugs, Physical and Emotional issues.

## How to Diagnose Male MENOPAUSE

To diagnose the male menopause, the doctor will perform a physical exam and ask about symptoms. These symptoms may occur due to a range of lifestyle factors or underlying diseases. The doctor may order other diagnostic tests to rule out any medical problems and then order a series of blood tests, which may include measuring testosterone levels.



## Does it have a TREATMENT

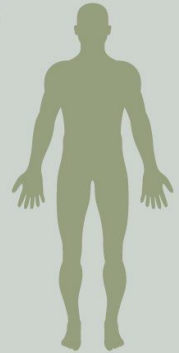
Unless male menopause/ andropause is causing you severe hardship or disrupting your life, probably manage their symptoms without treatment. The major issue with male menopause may be “how to discuss symptoms with the psychologist or doctor?” this is due to intimidated or shy to discuss bedroom issues with others.

The most common type of treatment for symptoms of male menopause is making healthier lifestyle changes like eating a healthy diet, get regular exercise, get enough sleep, and reduces your stress. After adopting these habits, those who are experiencing andropause may see a dramatic change in their overall health. Hormone replacement therapy is another treatment option. However, it's very controversial. Like performance-enhancing steroids, synthetic testosterone can have negative side effects. Try to

## SYMPTOMS & CAUSES OF ANDROPAUSE

### COMMON SYMPTOMS

- 1 Diminished libido
- 2 Reduced lean body mass
- 3 Erectile dysfunction
- 4 Reduction in body and facial hair
- 5 Osteoporosis
- 6 Hot flashes
- 7 Impotence
- 8 Increase in visceral fat



### CAUSES OF ANDROPAUSE



#### LOSS OF HYPOTHALAMIC SENSITIVITY

The major factor in aging is the dysfunction of the male reproductive homeostat (hypothalamic – pituitary – testes axis), which leads to the progressive loss of hypothalamic sensitivity to the inhibitory effects of testosterone.



#### TESTICULAR DEFECT

During aging, there is a concurrent decreased Leydig cell's response to LH. It is likely due to a desensitization of sex hormone receptors due to prolonged hyperstimulation by chronically elevated levels of LH (primarily) and FSH.



#### INCREASED SHBG LEVEL

Both SHBG levels increase with age and albumin level decrease with age. This results in a decline in bioavailable testosterone.



#### CIRCADIAN RHYTHM DYSFUNCTION

Stress, diet and a disturbance of the sleep-wake cycle can result in a dramatic shift of the circadian rhythm of testosterone production.

consult psychologist, Sexologist for detailed information about male menopause, they will guide, support and assist the needy to how to overcome from the difficulty.

### Essential Support

The reality is, whether we call it male menopause, andropause or low Testosterones, the effects of hormone loss in men can cause just as much suffering and ill health to men as menopause does to women. If someone experiencing above mentioned signs and symptoms that might be the results of low testosterone levels, further encourage the person to consult a psychologist, sexologist or doctor to clarify issues related to their symptoms and feelings without any wavering.

- Dr N V V S Narayana