

# Large study defines factors influencing testosterone levels in men

August 29 2023

---



Credit: Pixabay/CC0 Public Domain

A study led by The University of Western Australia and based on the largest-ever dataset of its kind has shed light on the intricate interplay between hormones and various factors that impact men's health.

Published in *Annals of Internal Medicine*, the research drew on data from 25,000 men participating in 11 different cohorts worldwide.

Senior author Professor Bu Yeap from UWA's Medical School said the study offered a unique opportunity to delve deeper into the complex relationship between testosterone and factors such as age, lifestyle and [medical conditions](#).

"We found that while testosterone remained relatively stable among men aged 17 to 70, a significant decline was observed in men over 70 years old, which raises questions about testicular function after age 70 and the potential implications for [men's health](#)," Professor Yeap said.

"The research also showed that various socio-demographic, lifestyle and medical factors influenced testosterone concentrations, including a higher body mass index, a history of diabetes or cancer and influences such as being married, having cardiovascular disease, or being on lipid-lowering medications."

The findings are expected to have broad implications for both [medical research](#) and [clinical practice](#), emphasizing the need to account for these factors when researching the relationship between testosterone and men's health and when assessing testosterone results in individual men.

"This research advances our understanding of sex hormone variability in

men," Professor Yeap said.

"Taking into account factors such as age, obesity, and [medical history](#) can provide a more accurate understanding of testosterone levels and their potential health implications.

"By identifying these key factors, we can pave the way for more targeted interventions and improved health care practices for men."

**More information:** Ross J. Marriott et al, Factors Associated With Circulating Sex Hormones in Men, *Annals of Internal Medicine* (2023). [DOI: 10.7326/M23-0342](https://doi.org/10.7326/M23-0342)

Provided by University of Western Australia

Citation: Large study defines factors influencing testosterone levels in men (2023, August 29) retrieved 2 May 2024 from <https://medicalxpress.com/news/2023-08-large-factors-testosterone-men.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.