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**Men Take Better Care Of Their Cars Than Themselves  
Men's Health Network Launches First Nationwide Testosterone Screening**

**Washington, D.C. (June 1, 2004)** – A recent survey suggests men take better care of their cars than they do their own health. Nearly 84 percent of men say they've had their car serviced in the past year, but only 66 percent have had an annual check-up with a doctor in the same period.\* To jumpstart men's health maintenance, this summer over 2,000 physicians in all 50 states will educate male patients about the symptoms of low testosterone (low T) as part of the first annual National Testosterone Tune-Up. Created by the Men's Health Network (MHN), this educational program kicks off June 14 during National Men's Health Week and runs through the end of July 2004.

"Men hear an engine ping and they bring their car to a mechanic, but they don't listen when their body tells them it may be time to see a doctor," said Jean Bonhomme, MD, MPH of Emory University and a member of the MHN Board of Directors. "Regular check-ups and screenings, including low testosterone, can help improve men's overall health. Low testosterone is an often overlooked medical condition with potential longterm health consequences if left untreated. We recommend men have their testosterone levels screened after age 40, as this hormone tapers with age."

As the survey implies, men tend to suffer long before they seek medical advice, ignoring or dismissing various symptoms. Through the National Testosterone Tune-Up, doctors and male patients will speak about low sex drive, erectile dysfunction, fatigue, depression, reduced muscle mass and strength, increased body fat and decreased bone mineral density — all signs of low T. The doctor-patient discussion may point to other illnesses or lifestyle issues. But if a simple blood test confirms below normal testosterone levels, then testosterone therapy may be an option.

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“Multiple studies have shown proper treatment can provide significant health benefits for men with testosterone deficiency,” said Dr. Bonhomme. “The National Testosterone Tune-Up gets doctors and patients talking about the symptoms of low T, appropriate diagnosis, the benefits and risks of treatment as well as the connection between low T and other related conditions like obesity and diabetes.”

Men can visit [www.tuneupyourT.com](http://www.tuneupyourT.com) to find a local doctor in the state-by-state directory of participating physicians. Additional information about low T and the program will be available online.

### About Low T

Some men’s bodies do not produce enough testosterone, resulting in a condition known as hypogonadism or low testosterone. It is estimated low T affects up to five million American men. Problems in the testes, the pituitary gland, or in a part of the brain called the hypothalamus may cause low T. As men get older, the ability to produce testosterone gradually declines. In fact, after age 30, testosterone levels drop by about 10 percent every decade. Treatment is for men of any age with below normal levels of testosterone accompanied by various symptoms, used under a doctor’s care. There are several FDA-approved therapies available, including gels, patches and injections.

### About Men’s Health Network

Founded in 1992, the Men’s Health Network (MHN) is a Washington, D.C.-based nonprofit educational organization composed of physicians, researchers, public health workers and other health professionals. MHN is committed to improving the health and wellness of men through education campaigns, data collection and work with health care providers to provide better programs and funding on men’s health needs. One of MHN’s proudest accomplishments was advocating for the congressional passage of National Men’s Health Week, which was signed into law on May 31, 1994, and is recognized annually as the week leading up to and including Father’s Day. Visit MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) for more information about the organization.

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\* Study conducted in March 2004 for the Men’s Health Network. Telephone survey completed nationwide among 966 adult men; margin of error is approximately +/- 3.2 percent.





## NATIONAL TESTOSTERONE TUNE-UP FACT SHEET

### What

This summer, over 2,000 physicians in all 50 states will educate male patients about the symptoms of low testosterone (low T) as part of the first annual National Testosterone Tune-Up.

### When

This educational program kicks off June 14 during National Men's Health Week and runs through July 31, 2004.

### Where

Men can visit [www.tuneupyourT.com](http://www.tuneupyourT.com) to find a local doctor in the state-by-state directory of participating physicians.

### Why

A recent survey suggests men take better care of their cars than they do their own health. Nearly 84 percent of men say they've had their car serviced in the past year, but only 66 percent have had an annual check-up with a doctor in the same period.<sup>1</sup> As the survey implies, men tend to suffer long before they seek medical advice, ignoring or dismissing various symptoms.

### Who

The National Testosterone Tune-Up was created by the Men's Health Network (MHN), a Washington, DC-based nonprofit organization made up of physicians, researchers, public health workers and other health professionals. Founded in 1992, one of MHN's proudest accomplishments was advocating for the congressional passage of National Men's Health Week, which was signed into law on May 31, 1994, and is recognized annually as the week leading up to and including Father's Day.

This educational initiative is supported by a grant from Solvay Pharmaceuticals, Inc.

### More Information

Additional information about low T and the program is available on the National Testosterone Tune-Up's official Web site at [www.tuneupyourT.com](http://www.tuneupyourT.com).

Information about MHN is available at [www.menshealthnetwork.org](http://www.menshealthnetwork.org).

For media inquiries, please contact Nathan Gannon of MHN at (202) 543-6461, ext. 104 or [nathan@menshealthnetwork.org](mailto:nathan@menshealthnetwork.org).

Reference: 1. Men's Health Network, Survey of 966 Men: March 2004.