# Study Links Low Testosterone Levels to Increased Risk of Mortality in Men



A recent comprehensive study involving over 24,000 men revealed that those with significantly low testosterone levels (under 213 nanograms per deciliter) face an increased risk of all-cause mortality. This study, published in the Annals of Internal Medicine, highlights a potentially higher prevalence of death from heart disease in men whose testosterone levels are below 153 ng/dL.

Testosterone, vital for male sexual characteristics and overall health, helps maintain muscle mass, bone density, and mental health. It also impacts libido and energy levels. Low testosterone levels might also suggest other underlying health conditions such as diabetes or HIV.

Through methods such as skin patches, gels, and injections, testosterone therapy can alleviate symptoms related to low testosterone levels. This therapy has been viewed cautiously, particularly due to concerns about its links to cardiovascular risks. However, a 2023 study published in the New England Journal of Medicine assures that testosterone-replacement therapy does not increase the risk of heart attacks in treated individuals.

While previous studies offered mixed viewpoints, this current research underscores the implications of low testosterone beyond reproductive and sexual functions, stressing an association with higher mortality risks.