

FERTILITY & HORMONES



Testosterone Fell. Function Held. Six Years Inside Healthy Aging Men.

The Munster group asked the same healthy men back six years later. What declined was not what everyone expects, and what drove symptoms after 45 was not age. It was blood sugar.

Swipe

THE DESIGN

The Same Man, Measured Against Himself

197 healthy men aged 18 to 84 were examined in full. About six years later, 117 returned for the identical examination: same measurements, same laboratory, same men.

THE ENTRY BAR

A Cohort Selected for Nothing Being Wrong

No smoking in the past year, no drugs, no regular medication beyond controlled blood pressure, thyroid or cholesterol, no cancer history, no prior fertility treatment.

THE HORMONES

Testosterone Declined, and Stayed Normal Everywhere

Total and free testosterone fell significantly in most age groups, yet mean values stayed within the normal range in every group. Over-65s still averaged about 20 nmol/L against a cutoff of 12.

THE SEMEN

Concentration Stable, Motility Slipping

Sperm concentration held in every age group. Progressive motility declined everywhere, but fell below the reference range only in men who were 56 or older at the first visit.

THE TWIST

After 45, the Predictor Was HbA1c, Not Age or Testosterone

Erectile decline: age $p = 0.13$, testosterone $p = 0.52$, HbA1c $p = 0.002$. Aging symptoms: the same pattern, HbA1c at $p = 0.001$. And these HbA1c values were within the normal range.

THE HONEST LIMIT

This Is Successful Aging, Not Average Aging

83 of 197 men did not return, the age groups are small, and the cohort was selected for health. The study shows what aging looks like when nothing else piles on top of it.

THE BOTTOM LINE



Two Numbers Decide More Than Your Age Does

Testosterone, properly measured, and HbA1c. Neither is visible from the outside, and both are findable early. This is general information, not a diagnosis; fertility and hormone care needs a physician's individual assessment.