

Precious O.V.

ROLE OF TESTOSTERONE IN THE LIFE OF MEN

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Relevance. Testosterone's role in men is crucial for advancing health outcomes, improving mental and physical well-being, while also understanding its societal and behavioural implications. It holds the potential to shape clinical practices, public health policies, and individual lifestyles, ultimately contributing to a healthier population.

Aim: to investigate the multi-dimensional role of testosterone in men, focusing on its impact on physical health, sexual function, psychological well-being, and metabolic process.

Materials and methods. A literature review was conducted with emphasis on the following questions. What are the physiological effects of testosterone in males and females? How does testosterone affect psychological well-being and behavior? What is the role of testosterone in aging? What are the societal and cultural perceptions of testosterone?

Results and their discussions. Functions of Testosterone:

1. Developmental Roles

-Foetal Development: Crucial for the development of male reproductive organs and external genitalia. - Puberty: Triggers the development of secondary sexual characteristics.

2. Reproductive Health - Essential for the production and maturation of sperm and influences sexual desire.

3. Muscle and Bone Health:- Promotes an increase in muscle size and strength.

4. Metabolic Effects: Influences body fat distribution, promoting a leaner composition and affects glucose metabolism

5. Psychological Impact: Mood Regulation: Plays a role in mood and emotional well-being

Conclusion. As the global population ages and awareness of men's health issues grows, research in this area provides valuable insights into managing deficiencies. The review highlights the importance of considering individual differences in testosterone levels and its benefits.