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TWO NEW KLRI PEER-REVIEWED PUBLICATIONS:

Exercise and Healthy Diet More Beneficial than Testosterone Therapy for Older Men

Phoenix, AZ. (September 1, 2009) – The Kronos Longevity Research Institute (KLRI), based in Phoenix, has published two new publications on exercise recommendations for older men and the effectiveness of testosterone therapy for men's health and sexual performance. After reviewing existing research, it has been found that, despite claims to the contrary, testosterone replacement therapies have shown minimal to no benefits in terms of health or aging. A regimen of exercise and dieting, following proper guidelines, is the most effective way for older men to prevent or minimize changes associated with aging and to live longer lives.

Testosterone therapy has been thought to provide modest increases in lean body mass, muscle mass and a decrease of fat mass for older men, but KLRI has found that it is unnecessary for those with testosterone levels in the normal or low-normal range. While the risks are small, the fact that the potential population for these therapies may be as high as 20 million means that even the slightest risk for prostate cancer, one per 1,000 men receiving therapy, could result in 20,000 new cases per year. Studies have been too small or underpowered to determine the true worth of these therapies, and the results of tests so far have seen little to no effect on body composition, bone mass, brain function or sexual function.

A better option to maintain health and activity levels is simple: regular exercise and a healthy diet. It has been shown that middle-aged adults that adopt a healthy lifestyle, meaning exercise, five or more fruits and vegetables daily, a healthy weight and not smoking, receive an almost-immediate return on investment, with reduced mortality rates and a 35% lower risk for cardiovascular disease after four years. While this regimen is commonly prescribed for older adults to maintain their health and manage chronic conditions, the optimal type and amount of exercise has not previously been researched.

KLRI has developed an optimal plan for older men to prevent *sarcopenia*, a gradual loss of skeletal muscle mass that begins at age 25-30 and continues more rapidly after 50. Any exercise program should be designed to increase and/or maintain muscle mass and muscle quality, primarily with resistance training that is designed to progress in difficulty and speed over time. This, combined with weight management through diet, proper protein intake and aerobic exercise, will help physicians make specific recommendations to their patients as part of comprehensive treatment plans.

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Older obese adults (having a body mass index over 30) and have muscle impairment, meaning low muscle mass or strength, may suffer faster physical decline and increased mortality risks. Weight loss through dieting and exercise will improve risk factors for coronary heart disease and metabolic syndrome in obese adults. (Notably, dieting without exercise will result in further muscle loss.)

KLRI recommends aerobic exercise and resistance training through lifting weights at a minimum of two to three days a week for 30 minute sessions. Adults should use a combination of circuit weight machines and free weights, increasing the speed at which the weight is lifted. This "high-velocity movement," performing the lifting part of the exercise as fast as possible and then lowering the weight with control, will improve muscle power, endurance and even balance. Resistance training will also strengthen the muscles around the joints, preventing common injuries like joint sprains and osteoarthritis of the knees. Proper protein intake (0.8-1.2 g/kg/day) is essential for older adults, who lose their responsiveness to the amino acids in their skeletal muscle over time.

Finally, it is more beneficial for adults to include protein in diets over using a supplement. There is no evidence that supplements offer significant benefits. Nor is it evident that testosterone replacement therapies or growth hormones are worth taking despite their potential side effects like carpal tunnel syndrome, edema, arthralgias, prostate enlargement or skin allergies. The best option is a diet adequate in quality protein and including plenty of fruits and vegetables.

To access the reports online, please visit (reg. required):

Prescribing Exercise in Older Men

Tinna Traustadottir, PhD, and Panayiotis D. Tsitouras, MD

<http://www.clinicalgeriatrics.com/articles/Prescribing-Exercise-Older-Men>

Testosterone Therapy in Older Men: The Next Big Thing in Medicine?

Panayiotis D. Tsitouras, MD

<http://www.clinicalgeriatrics.com/articles/POINT-Testosterone-Therapy-Older-Men-The-Next-Big-Thing-Medicine>

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About Kronos Longevity Research Institute

Kronos Longevity Research Institute (KLRI) is a not-for-profit, 501(c)(3) organization that conducts state-of-the-art clinical translational research on the prevention of age-related diseases and the extension of healthier human life. KLRI tests new strategies to detect and prevent chronic diseases associated with aging and investigates the effects of innovative interventions to slow the aging process and improve health outcomes for older persons. In addition, KLRI helps the medical and lay communities understand important aging issues. KLRI research findings support a healthier quality of life and a robust lifestyle in our senior years. For more information, visit www.kronosinstitute.org.