

# Be Free of Chronic Illness

**C**hronic illness is linked to many things, but Dr. Edward Lichten believes that there is a link that commonly goes unnoticed, especially in men.

Testosterone, usually only thought of as a libido driver in men, is also one of the most important hormones produced in the body. Lichten believes the sex hormone is underrated and when its presence is diminished, can cause a host of problems besides sexual function.

By no means a "latest breakthrough" for Lichten, new studies elsewhere are echoing what the Birmingham doctor has been saying all along. One of the No. 1 diseases, especially plaguing African American men, is diabetes and building up testosterone could help combat the disease.

Lichten's use of injectable testosterone has yielded "rapid diabetic control" in patients. Patient Anthony Morgan says he immediately felt better after he started on Lichten's treatment.

"I see him once a week," says Morgan. "I was taking insulin and pills, but then I wasn't taking anything because I lost my job and I lost my health insurance."

Morgan says the treatments he receives have changed his life dramatically. "He did well for me. I'm sure that for someone else he'll do the same," said Morgan. Lichten believes that long-term testosterone replacement is the key to controlling diabetes in men. "It's as simple as a once-a-month, ten minute visit to the office," he says.

The doctor said that he has some patients who have been getting the testosterone injections for more than 15 years and it has proven effective long term. "We're combating the \$20 billion drug industry. This is a cheaper way to go – just \$15 per month in some cases. You can stop the oral agents and put them on

testosterone and save hundreds, if not thousands of dollars," says Lichten.

Shots are given every two weeks in some cases. Pellets can be given once a month, according to Lichten. A study in a recent edition of JAMA (the highly regarded Journal of the American Medical Association) looked into the relationship between testosterone and controlling diabetes.



"A new philosophy directs the replacement of testosterone in men," said the study in its conclusion. "Raising testosterone levels have systemic effects, not only improved sexual performance, but also, decreased stress, stronger muscles and helping a man control his diabetes."

Lichten can't help but tout the study he did himself in 1999, where he studied diabetic men and used a glucose tolerance test to measure their insulin. "I recognized 10 years ago that my obese, diabetic, and fatigued men made dramatic changes in their energy levels and diabetic control on testosterone replacement. They gained control of their diabetes, improved their cardiac and sexual performance without taking many of the hypoglycemic drugs," he says.

Low testosterone, also called Low T, can lead to symptoms including:

- Increased irritability or depression
- Fatigue

- Inability to concentrate
- Reduced muscle mass and strength
- Low sex drive and erectile dysfunction
- Decreased bone density and osteoporosis
- Increased body fat.

Lichten believes that diet and hormones in processed foods are part of what's causing the increase of many diseases. "It's hormones in our foods that are affecting us. (The food industry) is feeding us estrogen in animals to make them fat," theorizes Lichten.

Lichten said he's discovered that many diabetics have more estrogen levels than testosterone.

Additionally, Wayne State University and Providence Hospital are being considered as the Michigan sites to conduct the first double-blinded controlled study of the use of long-acting testosterone in adult men with diabetes. The results are expected to follow Lichten's Pilot Study of 1999.

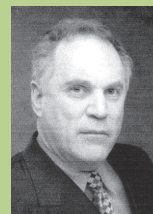
If you'd like to find out if you qualify to participate, call (248) 593-9999.

## GRADUATE EDUCATION

University of Akron, Bachelor of Arts  
Ohio State University College of Medicine,  
Doctor of Medicine  
Ohio State University Hospital,  
Department of Obstetrics and Gynecology  
Diplomat Board of OB GYN

## MAJOR PROFESSIONAL SOCIETIES

American Medical Association  
Fellow, American College of Obstetricians  
and Gynecologists  
American College of Surgeons  
American Association of  
Gynecologic Laparoscopists  
American Association for the  
Study of Headache  
American Fertility Association  
Fellow and Board Member, American  
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