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Here is an article from Dr Carruthers who is advising Express Medicals on wellbeing matters.

Why Two Million Men in UK Dread Valentines Day

Because of the unmet need for testosterone treatment, two million men in the UK, 20% of the 10 million men over the age of 50, are likely to be dreading Valentine's Day – As Victoria Wood says 'Can't do it – Won't do it'.

The first signs of lack of testosterone in men are decreased sex drive and erection problems, especially the loss of 'morning glories'. This is combined with loss of energy and enthusiasm, depression, irritability, weight gain, night sweats and brain fog which may cause the man to forget all about Valentines day.

Aids to potency such as Viagra, Levitra and Cialis often just don't work when there is testosterone deficiency. Besides, who wants sex with an irritable, depressed, overweight sweaty 'bear with a sore head' even if he is sporting a Viagra induced erection?

Based on his recent published papers, Dr Malcolm Carruthers will be presenting his latest findings on Friday 11th January at the 13th Annual Scientific Meeting of the British Society for Sexual Medicine at the Royal Society of Medicine in London.

The remedy he suggests is testosterone treatment, which is being made available at a chain of 'Centre for Men's Health' clinics up and down the country, starting in Manchester on the 11th March. Availability of this treatment under the NHS is already limited to 1% of the men who could benefit from it, and getting scarcer as desperate GPs try to cut costs.

This first clinic outside London will be opened by ITV1's This Morning programme's resident health expert Dr Chris Steele, who is very supportive of this initiative in taking testosterone treatment to the men who need it. Having been a strong advocate of HRT in women, he sees the need for similar treatment in men, both to suppress the often life-wrecking symptoms of 'Male menopause' or Andropause, but also as an important part of preventing and treating male obesity, diabetes, heart disease and osteoporosis.

For more information contact the Centre for Men's Health, Suite 20 Harmont House, 20 Harley Street, London, W1G 9PH on 0207 636 8283 or email Carruthers@centreformenshealth.co.uk