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You are invited to join the staff of Homewood Health Centre for the following Hospital Rounds presentation.

The Regulation of Men's Hormones Including Clinical Relevance to Depression

Testosterone is an important contributor to the robust metabolic functioning of multiple bodily systems. Testosterone has stimulatory effects on bones, muscles, erythropoietin, libido and mood and cognition centres in the brain. It is reduced in metabolic syndrome and diabetes and therapy with testosterone in these conditions provides clinical benefits by lowering LDL cholesterol, blood sugar, glycated hemoglobin and insulin resistance.

Hypogonadal men showed an increased incidence of depressive illness and a shorter time to diagnosis of depression. There are vulnerable populations of men in whom hypogonadism contributes to depression and chronic depressive illness may lead to hypogonadism in some men. Testosterone may be effective in carefully selected populations such as hypogonadal men, antidepressant-resistant men and men with early onset depression.

DATE: Wednesday, Aug. 20, 2008
LOCATION: Homewood Lecture Theatre
TIME: Lunch - 12 noon
Presentation - 12:30 to 1:15 p.m.

REGISTER: Cathy Barber,
519-824-1010, extension 2580
RSVP by: Friday, Aug. 15, 2008
Lunch provided by Homewood.

This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons Canada. Twenty-five percent of the time for these rounds will be devoted to interactive learning.

Educational Objectives

- 1) Participants will become familiar with the clinically relevant outcomes of testosterone deficiency including depressive disorders.
- 2) Participants will become familiar with the role of testosterone in maintenance of brain functions and healthy mood.
- 3) Participants will become familiar with the clinical methods to restore physiologic testosterone function.

Dr. Komer is a reproductive endocrinologist with more than 30 years of clinical experience and a professor at McMaster University. He is the Medical Director for the Masters Men's Clinic, the Centre for Women's Health in Burlington, and Brant Medical Research, the research arm of his practice where he is currently conducting clinical phase 2 and 3 research for three major pharmaceutical projects.



Lawrence Komer,
MD, FRCS

Dr. Komer is a respected international speaker. He has recently returned from southeast Asia where he was the keynote speaker discussing Menopause and Andropause in Kuala Lumpur Malaysia, Singapore and Bangkok Thailand.

The Masters Men's Clinic is unique in Canada and one of the largest and most experienced clinics of its type in the world. Recent studies suggest that hormone replacement is crucial in reducing all-cause mortality in men and women. The Masters Men's Clinic is dedicated to improving the lives of men through diagnosis, treatment and education.



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