Testosterone – a new treatment for the under-nourished elderly?

Leading researchers at Concord Repatriation General Hospital are conducting an important clinical trial to identify whether testosterone can be used to treat older people at risk of under-nutrition.

Under-nutrition is a deficiency in energy, protein or other specific nutrient, which can lead to weight and memory loss, and an increased risk of hospitalisation through infection or disease.

The Centre for Education and Research on Ageing’s Associate Professor Vasi Naganathan said it was widely known that many older people living at home were at risk of under-nutrition.

“This study will investigate whether treatment with testosterone and a nutritional supplement can reduce the rate of hospital admissions,” Assoc. Professor Naganathan said.

“We will also look at the effect of the combination treatment on a participant’s quality of life, memory, nutritional health and strength.”

Volunteers are needed to participate in the clinical trial.

Participants must be over 65 and have recently lost weight. They must also live in their own home or an independent living unit/retirement village.

For more information about the study, contact the research team on 9767 5965.

Background Information:

- Under-nutrition in older people can be caused by a range of physiological, psychological and social factors.
- These include age-related changes in appetite, taste and smell, reduced mobility, medical problems, depression, poverty or social isolation.
- Signs of possible under-nutrition include the appearance of being underweight, recent loss of appetite, loose fitting clothes, jewellery or dentures, tooth decay or difficulties with chewing or swallowing.
- The Centre for Education and Research on Ageing is a joint centre of Concord Repatriation General Hospital and the University of Sydney.