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MATRIC NO; 18/MHS02/136

DEPARTMENT; NURSING SCIENCE

COURSE; PHYSIOLOGY

QUESTION; WRITE SHORT NOTE ON THE FOLLOWING

1; TESTOSTERONE;

This is a steroid hormone that stimulates development of male secondary sexual characteristics, produced mainly in the testes, but also in the ovaries and adrenal cortex.

Things that happens when a man’s testosterone is low; if a man has a low level of testosterone, the symptoms can include erectile dysfunction, and reduced bines mass and sex drive.

Symptoms may include;

* Less energy
* Decreased sex drive
* Weight gain
* Feeling of depression
* Less body hair
* Moodiness

While testosterone production naturally tapers off as a man ages, other factors can cause hormone level to drop. Injuries to the testicles and cancer treatment such as chematotherapy can negatively affect testosterone production. Chronic health conditions and stress can also reduce testosterone production like;

* AIDS
* Kidney diseases
* Alcoholism etc,

Note; a simple blood test can determine testosterone level.

2: Male infertility; this refers to a man’s inability to cause pregnancy in a fertile female. Male infertility is commonly due to deficiencies in the semen, and semen quality is used as a surrogate measure of male fecundity.

Functions of infertility may include; abnormal sperm production or function due to undeceased testicles, genetic defects, health problems such as diabetes, or infections such as Chlamydia, mumps or HIV.

Prevention of male infertility;

* Avoid smoking as it damages sperm DNA
* Avoid heavy alcohol use
* Avoid excess heat to the testis

Diet like; rich in such nutrients as omega-3 fatty acids, vitamins and low saturated fatty acids (SFAs) and Tran’s fatty acid (TFAs).