

The Pertinent Connection Between Jekyll and Hyde Syndrome And Male Menopause

Gradual decrease of testosterone hormones in men as they reach a certain age is referred to as andropause, or male menopause as it is called. It generally happens as men reach 40 years old and beyond. It does not occur precisely the same time or age for everybody. Some have it earlier or much later, varying on lifestyle and health conditions. Changes are synonym to male menopause, as it is abundant in this so-called crisis among the male species. Signs like fatigue, mood swings, character and behavioral changes, lack of energy and agility, and poor sex drives are among the common symptoms of this dilemma. Studies even relate the Jekyll Hyde Syndrome or more popular as Irritable Male Syndrome or IMS to male menopause. Dr. Jekyll and Mr. Hyde were given life by Robert Louis Stevenson on his book telling of a mans quest for splitting mans personalities to separate good from evil. Dr. Henry Jekyll was in pursuit of dividing mans two basic natures: the good and the bad. The book was about the human psyche, bespeaking of a males mind in particular. The book narrated how Dr. Jekylls friends and colleagues failed to give him the help and support he asked from them. But he eventually succeeded with his experiment by using his own self. Thus, Mr. Edward Hyde came forth. He signified Dr. Jekylls negative side. Mr. Hyde started to kill those people who did not offer assistance to Dr. Jekyll. Since then, Dr. Jekyll was in anguish to take control over his evil match. It is astonishing that the same can happen to men as they go into transition in andropause period. Their attitudes are bound to change from gentle to fierce, from the loving sensitive man or husband to being uncaring and totally mean. To clearly understand the situation and condition, some points may need to be tackled. Most men under the IMS spell are expected to change abruptly. As a start, he can be really loving and attentive, and then in the next instant he is agitated and discontented. Some other factors that trigger such instances can be a death or loss of a loved one or a dear friend. Traumas such as these are enough to add trouble to an already disturbed mind. There is no specified reason as to why such changes happen to men in their menopausal period. Hormonal changes are the only close call for this. The irritable male syndrome affects men in more ways than one. Internal causes may yield an irritable and withdrawn attitude, while external factors also have their share of effect. External factors like illnesses, loss of a job or relationship, or physical injuries may trigger IMS in men. By this, a man tends to blame others for his abominable condition and justifies it with madness and anger to let go of the blame and pain he is inflicted with. Some men are in denial. Pointing fingers to anybody but himself. This does not mean that all men get affected by IMS. Four factors can stimulate the development of the irritable male syndrome. These are hormonal changes, identity loss, brain chemistry and levels of stress. However, it is not fair to label an angry and irritable man with IMS. Tests are necessary to be able to conclude if IMS is really the culprit of a mans aggravating attitude. Counseling is very helpful for anyone with IMS to prevent from becoming a Mr. Hyde. No one wants to be like him for sure. Convenient steps like maintaining a healthy and nutritious diet and exercise are beneficial enough. While those with low levels of testosterone can be amended with testosterone replacement therapy. The entire condition is baffling enough for one to take, how much more to those people around. To save a lot of pain and miseries, medical help or counseling is worth trying and is sure worth all efforts and you will find out that male menopause need not be a burden to carry but just a transition to pass through.

About the Author

Nelson Howe is a writer for MaleMenopauseHelp.com, where you get information on the [truth](#) of male menopause, [dealing](#) , and [treating](#) it.

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