

Sugar & Low-T



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Reproductive Biology and Endocrinology
2018

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Rudman 1990 HGH Study: New England Journal of Medicine

Study reviewed is sugar-sweetened beverages led to lower testosterone in men 20-39 years of age.

Results showed low testosterone was significantly greater with increasing consumption of sugary drinks.

BMI was also an independent risk factor for low-t.

Conclusion: Consumption of sugary drinks are linked to low-t in men.

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RESEARCH

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Sugar-sweetened beverage intake and serum testosterone levels in adult males 20–39 years old in the United States

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Abstract

Background: This population-based study was designed to investigate whether consumption of sugar-sweetened beverages (SSB) is associated with lower serum total testosterone concentration in men 20–39 years old.

Methods: All data for this study were retrieved from the National Health and Nutrition Examination Survey (NHANES) 2011–2012. The primary outcome was serum testosterone concentration, and main independent variable was SSB intake. Other variables included age, race/ethnicity, poverty/income ratio, body mass index (BMI), serum cotinine, heavy drinking, and physical activity.

Results: Among all subjects (N = 545), 486 (90.4%) had normal testosterone levels (defined as ≥ 231 ng/dL) and 59 (9.6%) had low testosterone levels (defined as < 231 ng/dL). Multivariate logistic regression revealed the odds of low testosterone was significantly greater with increasing SSB consumption (Q4 ≥ 442 kcal/day] vs. Q1 [≤ 137 kcal/day]), adjusted odds ratio [aOR] = 2.29, $p = 0.041$. After adjusting for possible confounding variables, BMI was an independent risk factor for low testosterone level; subjects with BMI ≥ 25 kg/m² had a higher risk of having a low testosterone level than those with BMI < 25 kg/m² (aOR = 3.68, $p = 0.044$).

Conclusion: SSB consumption is significantly associated with low serum testosterone in men 20–39 years old in the United States.

Keywords: Hypogonadism, National Health and nutrition examination survey (NHANES), Sugar-sweetened beverages (SSBs), Testosterone



Research Link

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