

Low testosterone can affect heart health and increase mortality risk, study finds

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Experts say older men should exercise to help keep up testosterone levels. Jacob Wackerhausen/Getty Images

- **Researchers are reporting that low baseline testosterone levels are associated with increased risk of all-cause mortality.**
- **They add that very low levels of testosterone are linked to an increased risk of cardiovascular death.**
- **Their research looked at 11 studies involving 24,000 subjects.**

A [study](#) published today in the journal *Annals of Internal Medicine* is reporting that [low testosterone](#) in men can mean a shorter life span.

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researchers from Australia, North America, and Europe in a systematic review and meta-analysis of 11 studies involving more than 24,000 subjects.

The researchers wanted to examine associations of sex hormones with mortality and cardiovascular disease risk in aging men.

They concluded that low baseline (endogenous) levels of testosterone in men are associated with increased risk of all-cause mortality and very low levels are associated with increased risk of cardiovascular death.

The researchers said in a statement that their study clarifies what they said are previous inconsistent findings concerning the connection between sex hormones and key health outcomes in aging men.

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Details on the study on low testosterone and mortality risk

They examined prospective cohort studies, previously identified in a published systematic review, of “community-dwelling men with total testosterone concentrations measured using mass spectrometry and at least five years of follow-up.”

The team looked at individual patient data to understand relationships

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