



Men's Health

What is Men's Health?

While everyone's story about their health care is different, did you know that men have some conditions unique to only them? Everybody can have concerns for high blood pressure or high cholesterol, but men should be concerned about more than just these. Many men across the United States are affected by a range of health care conditions that are usually categorized together in the group, "Men's Health." A few of these conditions include low testosterone (maybe referred to as hypotestosteronemia by your doctor's office), male pattern baldness (or androgenetic alopecia), and erectile dysfunction. How common are these conditions though? Here are a few points about how common each of these conditions are.

- Roughly **2 out of 5 men** aged **45 years and older** have **low testosterone** according to a study from 2006.¹
- **2 out of 3 men** aged **35 and older** are estimated to have some level of hair loss.²
- Erectile dysfunction is estimated to **affect 1 in 10 men** across the United States.³
- Nearly **30 million men and more** suffer from erectile dysfunction.⁴

These conditions are all quite common in men and growing more common each day. Many of these conditions have been associated with men feeling less manly, or like less of a man than they were before these conditions. Feelings like this may cause men not to seek medical attention, but it is important to talk with your doctor or healthcare provider if there are any concerns you or a loved one may have one of these conditions. Treatment and help may be available for you!

How does it affect me?

These conditions can each affect men in different ways, some more obvious than others. Male pattern baldness can be easy to see with thinning hair, receding hairlines or patchy bald spots. For many men this can bring embarrassing feelings; however, there is medication therapy that can help prevent the balding from worsening, such as finasteride (Propecia®). Erectile dysfunction makes it more difficult for men to have or maintain an erection, but there are many medications available to overcome these issues, such as sildenafil (Viagra®) and tadalafil (Cialis®). Low testosterone is unique in that it will not be as visually obvious as male pattern baldness or erectile dysfunction. Some of the signs and symptoms associated with low testosterone include⁴:

- Decreased energy and sex drive
- Depression
- Decreased muscle mass

Low testosterone can even be a contributing factor to erectile dysfunction or male pattern baldness. With that in mind though, low testosterone treatments are also available in many ways. These can include testosterone injections (Depo® - Testosterone) and testosterone gels (Vogelxo® or AndroGel®).

How can Rx Outreach help?

Here at Rx Outreach, we are working hard to make medications more affordable for our patients. We have many prescription medication options available for your Men's Health treatment needs at low costs without the need for prescription medication insurance.

Low Testosterone

| Medication and Strength | Average Discounted Retail Price* | Rx Outreach Price** |
|---|----------------------------------|-------------------------|
| Testosterone Cypionate Solution (Depo® - Testosterone) 200 mg/mL vial | \$11.11 | \$20 per vial |
| Testosterone Gel Pump (AndroGel 1.62%®) | \$111.97 | \$70 per pump |
| Testosterone Gel Tube (Vogelxo® / AndroGel®) | \$141.93 | \$25 for 30 tube carton |

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|---|----------|------------------------|
| Testosterone Gel Packet (Vogelxo ® / AndroGel ®) | \$147.20 | \$25 for 30 packets |
| Testosterone Gel Pump (Vogelxo ®) | \$150.03 | \$35 for 2 pump carton |

*Calculated from CVS, Walgreens, and Walmart as listed on GoodRx on July 8, 2021

** Listed price includes cost of shipping.

Male Pattern Baldness

| Medication and Strength | Average Discounted Retail Price* | Rx Outreach Price** |
|---|----------------------------------|--------------------------------|
| Finasteride (Propecia ®) 1 mg tablet | \$23.67 | \$11 (For up to 30 tablets) |

*Calculated from CVS, Walgreens, and Walmart as listed on GoodRx on July 9, 2021

** Listed price includes cost of shipping.

Erectile Dysfunction

| Medication and Strength | Average Discounted Retail Price* | Rx Outreach Price** |
|--|----------------------------------|--------------------------------|
| Sildenafil (Viagra ®) 25 mg tablet | \$270.21 | \$20 (For up to 30 tablets) |
| Sildenafil (Viagra ®) 50 mg tablet | \$295.98 | \$20 (For up to 30 tablets) |
| Sildenafil (Viagra ®) 100 mg tablet | \$259.18 | \$22 (For up to 30 tablets) |
| Tadalafil (Cialis ®) 2.5 mg tablet | \$71.68 | \$15 (For up to 30 tablets) |
| Tadalafil (Cialis ®) 5 mg tablet | \$74.26 | \$15 (For up to 30 tablets) |
| Tadalafil (Cialis ®) 10 mg tablet | \$363.80 | \$30 (For up to 30 tablets) |

*Calculated from CVS, Walgreens, and Walmart as listed on GoodRx on July 9, 2021

** Listed price includes cost of shipping.

Prices are subject to change, please visit <https://rxoutreach.org/find-your-medication> for current pricing.

Other Sites and Resources:

1. Mulligan T, Frick MF, Zuraw QC, Stemhagen A, McWhirter C. Prevalence of hypogonadism in males aged at least 45 years: the HIM study. *Int J Clin Pract*. 2006;60(7):762-769. doi:10.1111/j.1742-1241.2006.00992.x
2. American Hair Loss Association - <https://www.americanhairloss.org/>
3. Cleveland Clinic - <https://my.clevelandclinic.org/health/diseases/10035-erectile-dysfunction>
4. The Mayo Clinic - <https://www.mayoclinic.org/diseases-conditions/male-hypogonadism/symptoms-causes/syc-20354881>