

## THE ROLE OF PHYSICAL TRAINING IN MANAGEMENT OF ENDOCRINE MODULATION, DEPRESSION AND SEXUAL FUNCTION IN ELDERLY MEN

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**Introduction:** With rapidly growing geriatric population and with the improvement in quality of life, sexuality is becoming an increasingly aspect of aging.

**Objective:** Investigation of the role of physical training program of moderate intensity on amelioration of depression and sexual function in elderly men. Our study has been done on 42 patients aged 60-82years old.: 21 active (groupA) and 21 sedentary (group B) admitted in Rehabilitation Clinique for different osteo-articular and posttraumatic pathologies. Standard physical exercise program (F.Revnic, N.Teleki GERIATRIA, vol.XIV, nr.1 2002) has been applied for 24 weeks.

hTSH,T3,T4,HGH,Testosteron and Cortisol have been evaluated before and after training with1234 DELFIA Research Spectrofluorimeter using Eu+ labeled kits purchased from Pharmacia.The results have been processed with a Multicalc program.

**Results:** 70% patients from group A were euthyroid, HGH,Testosteron and Cortisol were in normal range, with a positive attitude towards sexual life. 56% sedentary patients of group B presented hTSH values >6l.U/ml corresponding to hypothyroidism with elevated levels of Cortisol and low levels of HGH and Testosteron. They exhibited anxiety with the following symptoms: irritability, exaggerated fear for the future, tiredness, difficulty in communication, sleep disorders and a negative attitude towards sex. After training, a decrease in Cortisol and an increase in Testosteron and HGH in group B has been recorded with a positive consequence upon affectivity (interest in sex). Physical training with its multiple aspects (cognitive, mental and socio-affective) had a great impact upon reorganisation of hypothalamo-pituitary-thyroid-adrenal-gonadal axis in elderly men connected with changes in many effector hormones secretion with a positive impact upon emotional well being, mental health and an increase in desire for sexual life.