

Woolcock Institute to Investigate the Links between Obesity, Testosterone and Sleep Apnea

The Woolcock Institute of Medical Research is investigating the link between testosterone, obesity and sleep apnea.

It is already known that obesity and obstructive sleep apnea decrease testosterone levels and that low testosterone levels cause obesity and sleep apnea, creating a vicious cycle.

Dr Peter Liu, Physician at the Woolcock Institute of Medical Research, believes that “The purpose of this study is to discover if testosterone therapy can break this cycle by helping men lose weight and thereby improving their sleep apnea.”

Approximately 70 volunteers are sought for this study conducted at the Royal Prince Alfred Hospital, Sydney. All will receive dietary and exercise advice from dieticians and doctors as part of a standard weight loss program. However some participants will also receive testosterone supplements to see if this will assist their weight loss.

Volunteers will be reimbursed for travelling and other miscellaneous costs, such as parking.

To be eligible for the study volunteers need to have symptoms of sleep apnea, be over 18 years of age, overweight and willing to enter a weight loss program. Volunteers will need to come to the Sleep Laboratory for overnight stays, so shift workers are not eligible for this study. To register an interest in volunteering for this study people should call 1800 828 717.

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