

MEN'S HEALTH

Hormone Replacement Therapy: It's Not Just For Women

(NAPSA)—Some men may attribute chronic fatigue, loss of interest in sex, irritability, and mood depression to growing older, but in fact, it may be low testosterone levels that cause these symptoms.

Testosterone is a hormone that plays an important role in regulating many functions in the male body, including those affecting the bones, brain, heart, and circulation.

Four to five million men across all age groups suffer from a condition known as hypogonadism, a low level of testosterone or the absence of the hormone altogether. Testosterone deficiencies can begin in men as early as their 40s, and the levels of testosterone decline as men age.

A recent survey of more than 1,000 men ages 40 and older conducted by the Men's Health Network found that many experience typical symptoms of hypogonadism, yet nearly half were unaware hypogonadism is a medical condition and only five percent had been diagnosed.

Most people associate low testosterone levels only with low sex drive and sexual performance. However, studies have shown that if left untreated, testosterone deficiency can lead to low muscle mass and strength, osteoporosis, loss of energy, and depression.

Treatment options for increasing testosterone levels in men have traditionally included injections, patches, and gels.

The latest FDA-approved product utilizes a unique buccal system, marketed under the trade



If you think you may be suffering from symptoms of low testosterone, talk to your doctor. A simple blood test can confirm the condition and your doctor can prescribe a treatment plan that's right for you.

name Striant® (testosterone buccal system), which delivers testosterone directly into the bloodstream over a 12-hour period through a small, tablet-like product that softens and adheres to the gum surface above the incisor teeth.

Studies have shown that if applied twice daily, Striant is able to produce testosterone levels similar to those seen in healthy young men.

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Please refer to full Striant prescribing information for additional information, available at www.columbialabs.com.

Note: Important Safety Information

In the U.S. pivotal trial involving 98 patients, the most frequent adverse events that occurred with an incidence of one percent or greater which were possibly, probably, or definitely related to the use of STRIANT were: gum or mouth irritation (9.2%), bitter taste (4.1%), gum pain (3.1%), gum tenderness (3.1%), headache (3.1%), gum edema (2.0%), and taste perversion (2.0%). A total of 16 patients reported 19 gum-related adverse events. Of these, 10 patients (10.2%) reported 12 events of mild intensity, 4 patients (4.1%) reported 5 events of moderate intensity, and 2 patients (2.0%) reported 2 events of severe intensity. Four patients (4.1%) discontinued treatment with STRIANT due to gum or mouth-related adverse events including 2 with severe gum irritation, 1 with mouth irritation, and 1 with "bad taste in mouth." The majority of the gum-related adverse events were transient and resolved within 1 to 14 days. Patients should be advised to regularly inspect the gum region where they apply STRIANT and report any abnormality to their health care professional.

STRIANT is not indicated for women and must not be used in women. Testosterone supplements may cause fetal harm. STRIANT should not be used in patients with known hypersensitivity to any of its ingredients including testosterone USP that is chemically synthesized from soy.

Androgens are contraindicated in men with carcinoma of the breast or known carcinoma of the prostate. Edema with or without congestive heart failure may be a serious complication in patients with preexisting cardiac, renal, or hepatic disease. In addition to discontinuation of the drug, diuretic therapy may be required. Gynecomastia frequently develops and occasionally persists in patients being treated with androgens for hypogonadism. The treatment of hypogonadal men with testosterone esters may potentiate sleep apnea in some patients, especially those with risk factors such as obesity or chronic lung diseases. Geriatric patients treated with androgens may be at an increased risk for the development of prostatic hyperplasia and prostatic carcinoma. In diabetic patients, the metabolic effects of androgens may decrease blood glucose and therefore, insulin requirements.

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