

# Testosterone Has Many Benefits in Hypogonadism

BY MARY ELLEN SCHNEIDER  
New York Bureau

Treating testosterone deficiency in men with erectile dysfunction, diabetes, or cardiovascular disease not only relieves typical symptoms of hypogonadism but can have other clinical benefits, according to a review article published in *European Urology Supplements*.

Pilot studies show that treatment with testosterone could be promising, but more

long-term studies are needed to determine if the effects would be sustained over time and if they would reduce morbidity and mortality, wrote Dr. T. Hugh Jones of the diabetes endocrinology and metabolism unit of the University of Sheffield, England (*European Urology Supplements* 2007;6:847-57).

Dr. Jones has received honoraria from Prostrakan advisory boards. The Scotland-based company markets Tostrex gel, a transdermal testosterone replacement

therapy for use in hypogonadal men. The product is currently marketed in Sweden.

Testosterone therapy appears to have benefits in hypogonadal men with type 2 diabetes, with some studies demonstrating that testosterone replacement can improve glycemic control. In one randomized, placebo-controlled crossover study of 24 hypogonadal men, researchers found improvements in fasting blood glucose and glycated hemoglobin levels (*Eur. J. Endocrinol.* 2006;154:899-906).

The review article also noted improvements in treating erectile dysfunction with testosterone. In a study of 49 hypogonadal men with erectile dysfunction, about 63% experienced an increase in sexual desire and regained erectile function when treated with testosterone therapy (*J. Urol.* 2005;173:530-2).

In cardiovascular disease, laboratory and clinical studies indicate that testosterone is a rapidly acting vasodilator, according to the review article. ■



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