Abstract

Purpose: To analyze the results of the use of androgen replacement therapy with testosterone undecanoate in Colombian patients with hypogonadism during the years 2007 to 2009. Methods: Retrospective study of 60 patients with a median age of 41.5 (18-81) years, diagnosed with hypogonadism who received androgenic replacement therapy for 12 months in the Andrology Department between 2007 and 2009 in Bogota, Colombia. Patients were asked questions referring to the typical symptoms of hypogonadism and low testosterone, and the tolerability and effectiveness of treatment in relation to body function and psychosexual sphere were evaluated. Results: A total of 60 patients received androgen replacement therapy of which 50% had primary, 40% late-onset and the remaining 10% secondary hypogonadism. Improvement was seen in testosterone levels (5.79 nmol/l – 23.1 nmol/l), decreased waist circumference (97.5 cm - 94.7 cm), weight stabilization (82.4 kg - 80.3 kg). Symptoms such as hot flashes, sweating, and sleep disturbances also improved. In the majority of the patients improvement regarding the psychosexual sphere was seen. Mood, libido, well being and sexual function improved. Discrete changes in lipidic, hematopoietic, glycemic and prostatic profile were noticed; all of them remained in normal ranges throughout the treatment, therefore lacking clinical significance. Therapy was well tolerated by patients, none of which stopped therapy during the study. Conclusions: Androgen replacement therapy provided adequate concentrations in serum testosterone levels and a significant clinical improvement at the cognitive and psychosexual fields. For these reasons it can be considered a safe and effective treatment in Colombian patients with male hypogonadism of any etiology.

Keywords

Hypogonadism, testosterone, libido, therapy, Andrology, medical treatment.