Meaningful and Sustained Weight Loss and Improvement of Lipid Profile in Hypogonadal Men on Long-Term Treatment with Testosterone Undecanoate (TU) Injections are Independent of Age: Observational Data from Two Registry Studies

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Introduction

Improvements of anthropometric and metabolic parameters on long-term testosterone replacement therapy (TRT) from our registry studies have been reported in 2013 (Saad, Obes; Yassin and Doros, Clin Obes; Traish, Int J Clin Pract).

Methods

561 hypogonadal men from both registry studies were divided into age groups ≤65 (Group A, n=450) and >65 years (Group B, n=111). All men were treated with three-monthly TU injections for up to 6 years.

Results

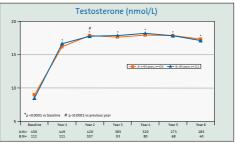
Mean weight (kg) decreased from 102.52 ± 15.56 to 90.15 ± 9.69 in Group A and from 102.83 ± 15.64 to 95.35 ± 9.03 in Group B. Model-adjusted mean change from baseline was 14.78 ± 0.35 and -15.14 ± 0.71 kg, resp. Percent change from baseline was $-13.56\pm7.56\%$ in Group A and $-13.28\pm7.14\%$ in Group B. Waist circumference (cm) decreased from 106.54 ± 9.03 to 98.26 ± 7.1 in Group A and from 108.95 ± 10.75 to 100.72 ± 9.45 in Group B. The mean change from baseline was 9.34 ± 0.2 cm in Group A and 10.45 ± 0.47 cm in Group B.

Body mass index (BMI; kg/m²) decreased from 32.58 \pm 5.08 to 29.02 \pm 3.01 in Group A and from 32.84 \pm 4.86 to 30.35 \pm 2.61 in Group B. The mean change from baseline was -4.72 \pm 0.11 and -4.81 \pm 0.22 kg/m², respectively (p <0.0001 for all).

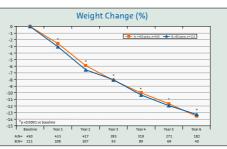
Total cholesterol (TC, mg/dl) decreased from 268.92 ± 45.95 to 193.56 ± 16.58 in Group A and from 268.44 ± 52.69 to 191.69 ± 21.8 in Group B, LDL (mg/dl) from 159.87 ± 36.7 to 119.81 ± 34.87 in Group A and from 162.48 ± 31.63 to 120.86 ± 33.56 in Group B, triglycerides (mg/dl) from 262.35 ± 73.16 to 192.1 ± 34.4 in Group A and from 266.9 ± 84.37 to 192.27 ± 32.16 in Group B. HDL (mg/dl) increased from 48.91 ± 17.33 to 59.55 ± 17.66 in Group A and from 51.64 ± 16.56 to 61.99 ± 16.87 in Group B. TC:HDL ratio improved from 6.15 ± 2.42 to 3.54 ± 1.04 in Group A and from 5.67 ± 2.09 to 3.32 ± 0.91 in Group B (p <0.0001 for all).

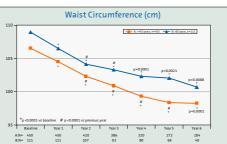
Conclusions

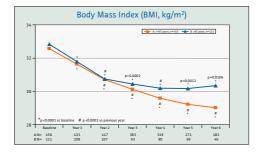
TRT in hypogonadal men resulted in meaningful and sustained weight loss and improvement of lipid profile independent of age.

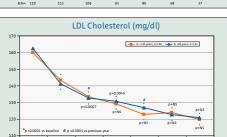












Total Cholesterol (mg/dl)

