

Study of testosterone in older men

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Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center announced today that it will participate in a large national study of the effectiveness of testosterone as a treatment for anemia, cardiovascular disease, decreased vitality, impaired memory and sexual function, loss of muscle mass and other health conditions that affect older men.

"LA BioMed is pleased to be chosen as the only site in Los Angeles and one of 12 sites in the country for this national study of the effectiveness of [testosterone](#) in the treatment of health problems that affect [older men](#) with low testosterone levels," said Ronald S. Swerdloff, MD, principal investigator for the study at LA BioMed. "We may be able to help older men with low testosterone levels remain healthy and independent longer if we find testosterone to be an effective treatment for health problems associated with low testosterone levels."

Funded primarily by the National Institute on Aging (NIA) and coordinated by the University of Pennsylvania School of Medicine, the Testosterone Trial will involve 800 men at 12 sites around the country. About 70 volunteers are expected to participate in the study at LA BioMed.

The Testosterone Trial will include five separate studies. Men, ages 65 and older, with low [serum](#) testosterone and at least one of the following conditions - anemia, decreased physical function, low vitality, impaired cognition or reduced [sexual function](#) - will be randomly assigned to participate in a treatment group or a control group.

Treatment groups will be given a testosterone gel that is applied to the torso, abdomen or upper arms, while men in the control groups will receive a placebo gel for application to the same areas of their bodies.

Serum testosterone will be measured monthly for the first three months, and quarterly thereafter, for up to one year. Participants will be tested on a wide range of measures to evaluate physical function, vitality, cognition, cardiovascular disease and sexual function. A non-invasive method of checking for coronary obstruction will be performed before and after treatment on those that qualify.

"This study is important because testosterone products have been marketed for many years as treatments for a variety of conditions," said Evan C. Hadley, MD, director of NIA's Division of Geriatrics and Clinical Gerontology. "We hope this trial will establish whether testosterone therapy results in clear benefits for older men."

More information: More information about the study and criteria for participation is available at: www.clinicaltrials.gov/ct2/show/study?term=testosterone+aging&rank=40 .

Source: Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

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