

Combination drug therapy effectively treats male infertility

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Two drugs that are commonly used off-label in the treatment of male infertility are clomiphene citrate (CC) and anastrozole (AZ); however, data are lacking on the use of combination CC+AZ therapy.

A new *BJU International* study found that combination CC+AZ therapy is safe and effective for patients with elevated [estradiol](#) or a low testosterone/estradiol ratio.

In the study of 51 men, AZ provided an effective means for lowering estradiol levels and increasing the testosterone/estradiol ratio following the initiation of CC therapy. CC is a selective estrogen receptor modulator that increases gonadotropin production and indirectly stimulates androgen synthesis, but it is associated with increased estradiol levels. AZ is an aromatase inhibitor that decreases conversion of [testosterone](#) to estradiol.

More information: *BJU International*, [DOI: 10.1111/bju.14390](https://doi.org/10.1111/bju.14390) , onlinelibrary.wiley.com/journal/1464410x

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