

Women's view on treatment with percutaneous testosterone gel (Testogel)

Effects on libido, general well-being and quality of life

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Objective

Circulating testosterone in women decline during the late reproductive years such that otherwise healthy women in their 40s have approximately half the testosterone level as women in their 20s.

Research shows the benefits of androgen replacement to the postmenopausal women.

Our study evaluate

The efficacy of transdermal testosterone therapy (Testogel) as perceived by women's view on mood, well-being, and sexual function in postmenopausal women (natural or surgical menopause) presenting with low energy and libido attending West London Menopause Centre at Queen Charlotte's and Chelsea Hospital

Satisfaction level along with recommendation of treated woman to a friend to use Testogel.

Study Design

Postmenopausal women attending West London Menopause centre at Queen Charlotte's and Chelsea hospital participated.

As a complement to their already on-going HRT, 10mg of a percutaneous testosterone gel (Testogel) was administered.

Treatment continued on 6 monthly bases with a follow Up offered.

Woman asked to answer a questionnaire following at least a period of 6 months of treatment.

The questionnaire involved symptoms grading (low to high grading) of (energy, libido, mood, hot flushes) and the percentage of quality of life improvement.

Women's view of testosterone implant (previous users) was also explored.

Cause of menopause in 30 patients

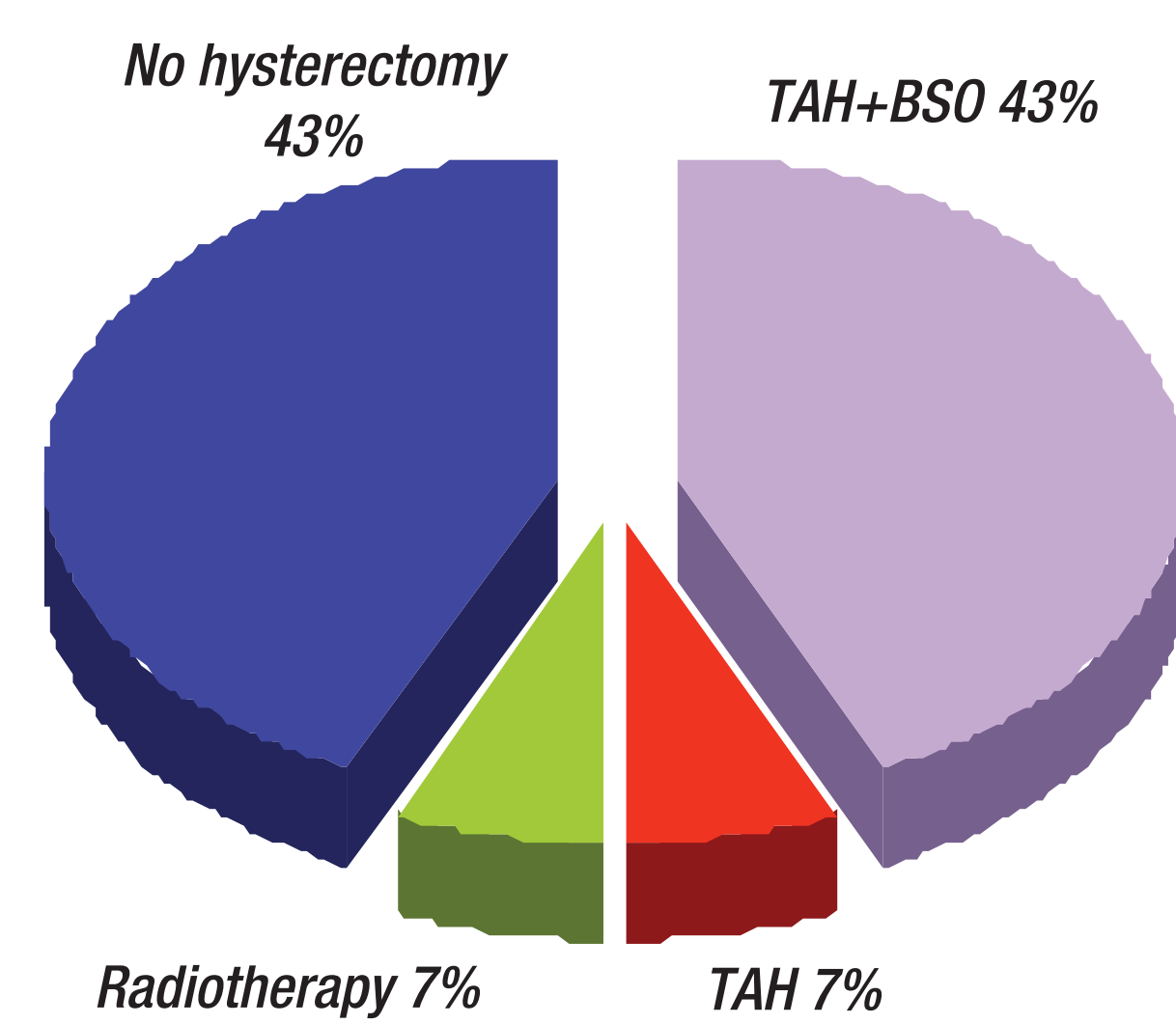


Diagram 1: Postmenopausal women involved in the study
1) Surgical menopause group(16 patients)
2) Natural menopause group(14 patients)

Thirty women participated in our study:

Mean age was	45.9 years range (69-36 years)
Average age at menopause was	42.2 years with range from (30-55 years)
30 (100%) received	Testogel percutaneous 10 mg daily
4 patients (13%)	Never used HRT
26 patients (87%)	Using different HRT preparations
13 patients	Using Oestrogen only HRT
13 patients	Using combined HRT
2 patients (7%)	X-user of testosterone implants

Degree of menopausal symptoms

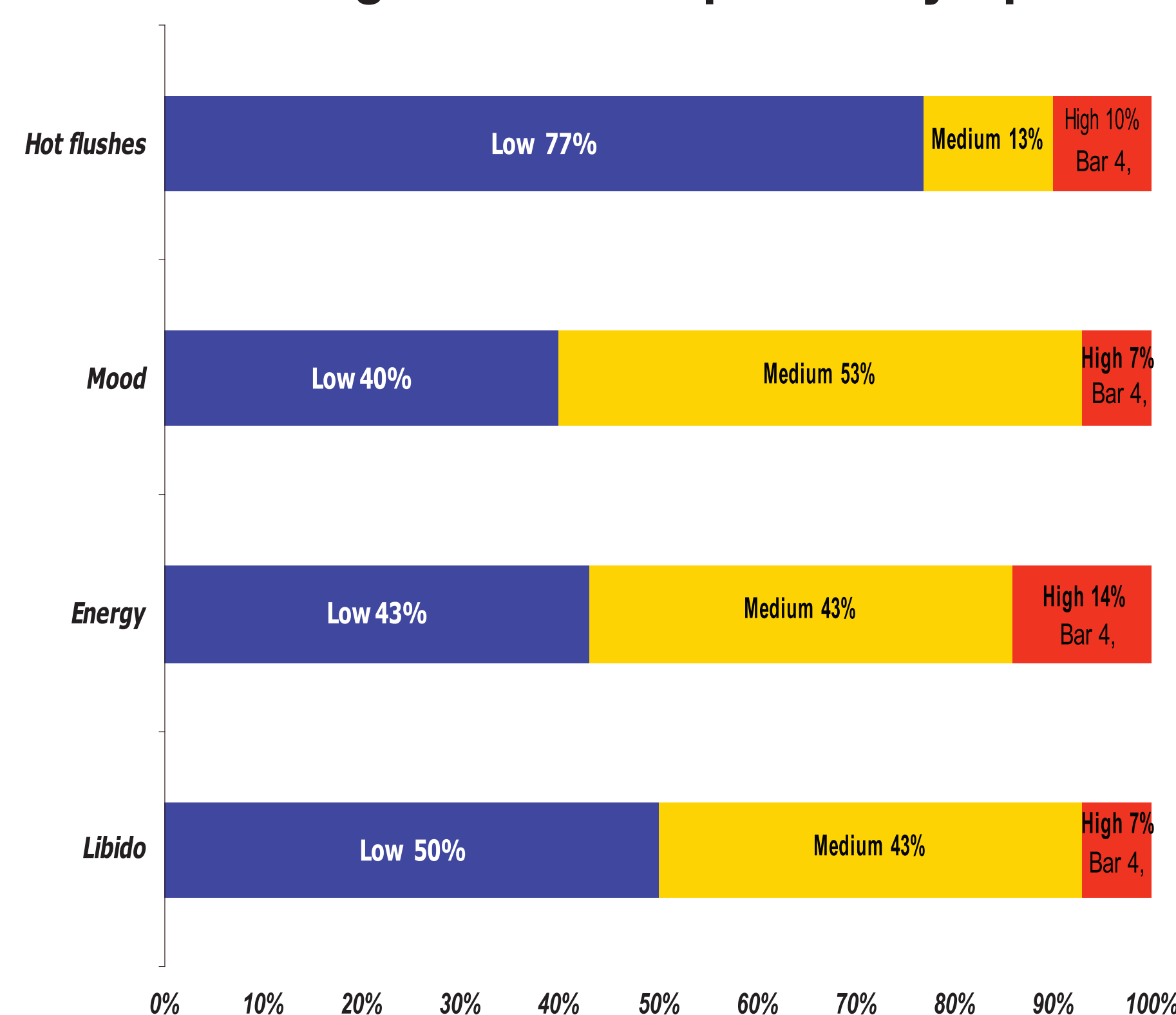
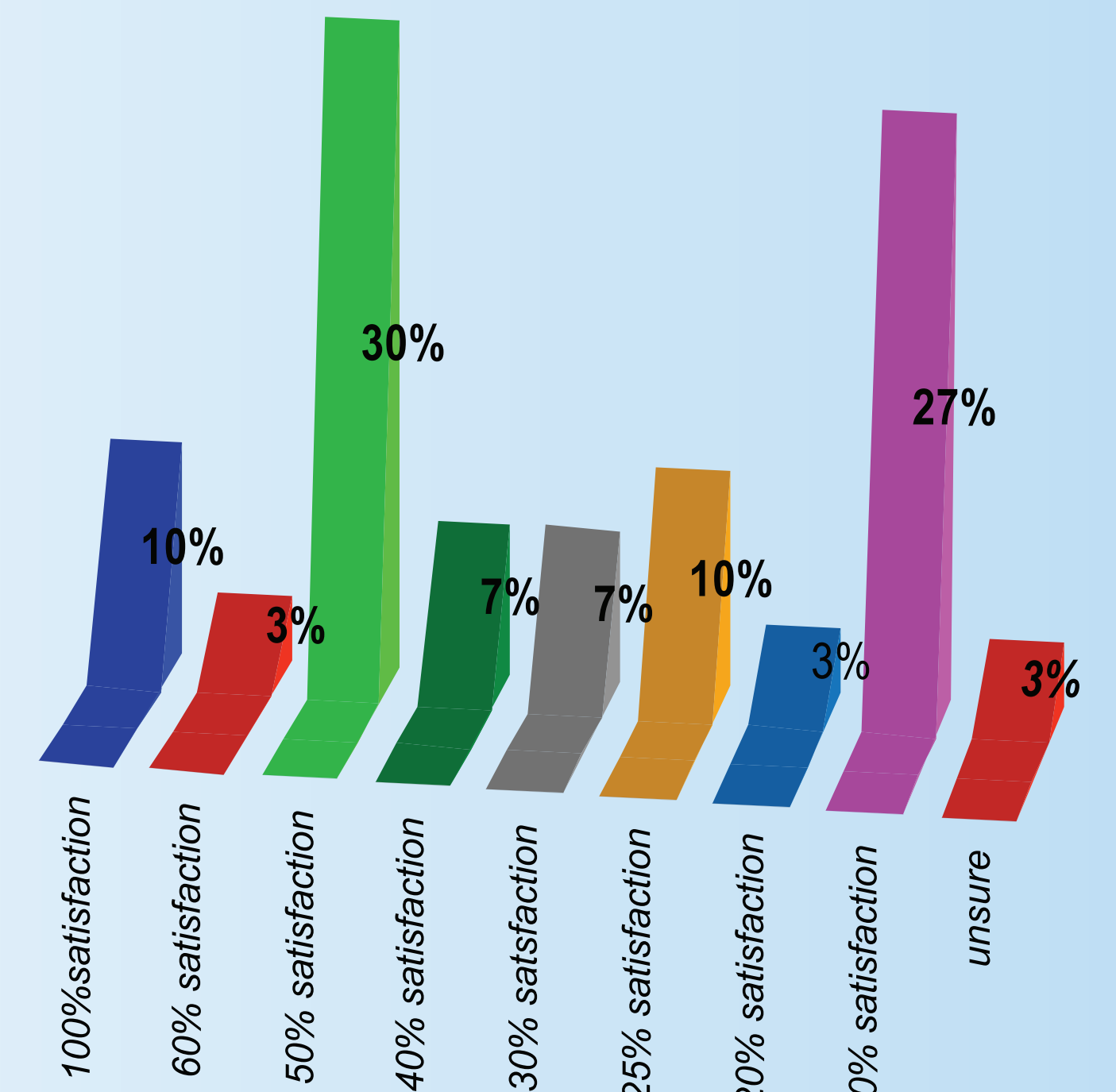


Chart 2: percentage of menopausal symptoms' degree expressed as low, medium and severe

Results

Percentage and degree of patients' satisfaction with Testogel (degree of quality of life change)

- 21/30 patients were satisfied with using Testogel due to change in quality of life - Satisfaction rate range from 100-20%
- 8/30 patients were unsatisfied with using Testogel due to side effects (excessive facial hair growth, feeling grumpy)
- 1/30 patients was unable to decide

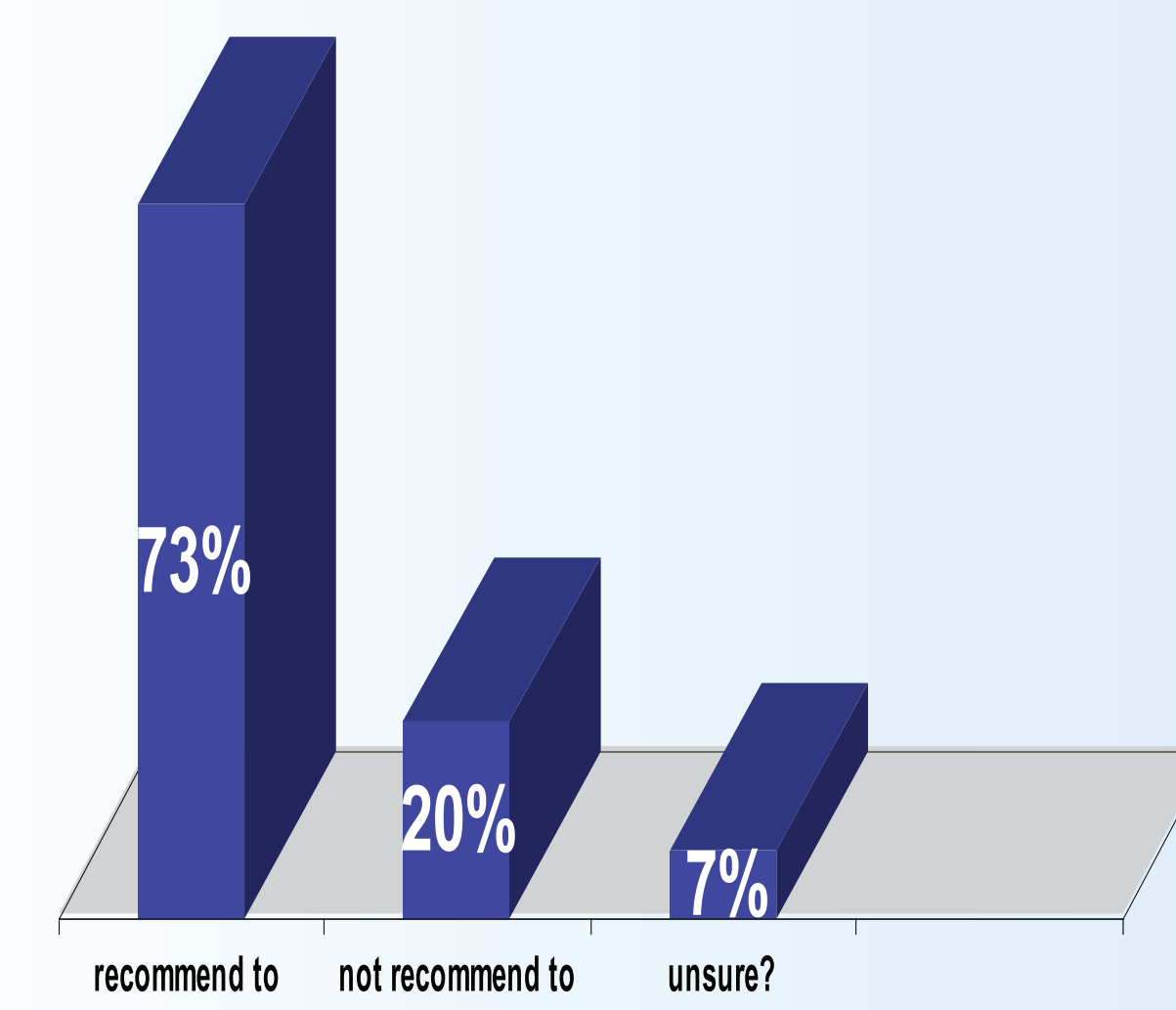


Overall average satisfaction rate is 35%

Table 1: demonstrate the correlation between the average satisfaction percentage rate and the duration of HRT use in years

Duration of HRT use in years	Number of patients in each group	Percentage of satisfaction with testogel for each individual patient	Average satisfaction percentage for each group
Non user	5	50%, 20%, 30%, 40%, 0%	28%
< year (4-12) months	7	100%, 50%, 50%, 50%, 50%, 0%, 0%	43%
1 year	4	60%, 25%, 0%, 0%	21%
2 years	3	100%, 50%, 0%	50%
3 years	2	50%, 30%	40%
4 years	3	25%, 25%, 0%	17%
9 years	2	50%, 40%	45%
10 years	2	100%, 50%	75%
27 years	1	0%	0%

Patients' view on recommending Testogel to a friend



- 22/30 (73%) will recommend using Percutaneous Testogel to a friend
- 6/30 (20%) will not recommend using Percutaneous Testogel to a friend
- 2/30 (7%) unsure that Testogel should be used by a friend

Conclusion

- Percutaneous testosterone therapy (Testogel) improves well-being mood, and sexual function in oophrectomised or non-oophrectomised postmenopausal women with low libido.
- Substantial number of women experience diminished sexual interest and well-being during their late reproductive years, and after menopause.
- The study confirm a positive effect on Women's opinion regarding treatment of Testosterone gel.
- The negative opinion for treatment with testogel is mainly due to the side effect profile of testosterone therapy.

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