



Testosterone cypionate (Depo-Testosterone®)

General:

Testosterone is an anabolic steroid and the principle male steroid hormone. Endogenously it is synthesized primarily in the testes with much smaller concentrations secreted from the ovary and adrenal cortex. It is used therapeutically to treat hypogonadism; either congenital or acquired. It was the first ever synthesized anabolic steroid and achieved FDA approval in 1939. In 1991 it was classified as a controlled substance and is currently DEA schedule III. Testosterone is rapidly metabolized in the body, so therapeutically it is typically combined with an ester. An ester is an additional carbon chain that is attached to the testosterone molecule that controls how soluble it is once it's in your blood stream. The smaller the ester the faster it is absorbed. Testosterone cypionate has a half-life of about 12 days whereas testosterone propionate is 3 days and undecanoate is approximately 21 days.

Mechanism:

Binds to androgen receptors producing multiple anabolic and androgenic effects.

Dosing:

Dosing is highly variable and dependent on the underlying cause of hypogonadism and response to therapeutic intervention. A typical range will be 200-400mg intramuscular weekly, 180-300mg subcutaneous weekly, or 50-100mg transdermal daily.

Contraindications/Cautions:

Testosterone can stimulate the growth of cancerous tissue and is contraindicated with men with active prostate or breast cancer. Men who are trying to conceive must use this medication with caution as it will reduce spermatogenesis and fertility.

Men using transdermal preparations of testosterone should take extra precautions to prevent contact of the medication with women and children. Men with diseases which are sensitive to edema and volume overload such as congestive heart failure, liver failure, and kidney failure should use this medication with caution. Increasing literature is supporting an association with use of testosterone and obstructive sleep apnea so men with or prone to development of obstructive sleep apnea should use this medication with caution.

Adverse Reactions:

Serious Reactions: hypersensitivity reaction, anaphylaxis, priapism, polycythemia, gynecomastia, dependency, abuse

Common Reactions: injection site discomfort, acne, hirsutism, edema, male pattern baldness, oligospermia (low sperm), azoospermia (no sperm)

Storage:

This medication should be stored at room temperature between 68° and 77° F. Keep away from moisture, heat, and light. Keep out of reach of children.