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Progressive weight loss in 104 obese hypogonadal men with type 2 Diabetes mellitus (T2DM) treated with testosterone undecanoate up to 84 in an observational registry study

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Background: There is a robust bi-directional association between obesity and testosterone (T) deficiency (hypogonadism) in men with a prevalence of hypogonadism in obese men as high as 52%. We investigated effects of normalizing T in obese hypogonadal men on anthropometric parameters.

Methods: Cumulative, prospective, observational registry study of 340 men with T levels ≤ 12.1 nmol/L receiving parenteral T undecanoate 1000 mg/12 weeks following an initial 6-week interval for up to six years. A subgroup of 104 men (30.6% of the total group) with obesity and T2DM was analyzed.

Results: Mean weight decreased from 112.38 ± 12.87 to 91.4 ± 8.34 kg ($p < 0.0001$). The mean change from baseline was -22.87 ± 0.77 kg. Mean BMI decreased from 36.22 ± 4.01 to 29.81 ± 2.46 kg/m² ($p < 0.0001$), waist circumference (WC) from 110.23 ± 7.57 to 99.8 ± 6.43 cm ($p < 0.0001$). Decrease in weight and BMI were statistically significant each year compared to previous year for 6 years, in WC for the full 7 years. After 3 months, 25% had gained weight, and no man had lost $\geq 5\%$. After 6 months, only 5.9% had gained, and 8.3% had lost $\geq 5\%$. At the end of the observation time, all men had lost weight: 52.5% had lost $\geq 20\%$, 77.5% $\geq 15\%$, 92.5% $\geq 10\%$, and 97.5% had lost $\geq 5\%$ of their baseline weight. HbA1c decreased from 8.08 ± 0.84 to $5.97 \pm 0.46\%$ ($p < 0.0001$) with statistical significance compared to previous year for the full 7 years.

Conclusions: Raising T to normal resulted in progressive improvements of anthropometric and glycaemic parameters in hypogonadal men over an observation period of 84 months.

Biography

Farid Saad worked for various pharmaceutical companies as specialist for reproductive endocrinology, pediatric endocrinology, andrology, endocrinology of male ageing, and hormonal male contraception in clinical development andrology, scientific and medical affairs. He currently works for Bayer Pharma in Berlin, Germany. He has authored and co-authored more than 100 peer-reviewed papers and more than 500 scientific abstracts. He received honorary Professorships in clinical research and endocrinology at Gulf Medical University, Ajman, U.A.E., and at Men's Health Reproduction Study Center, Hang Tuah University, Surabaya, Indonesia.

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