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Anabolic steroids: The biomarker and treatment for Crohn's disease

The finding that the reduction in the Estrogen Receptor ER-beta/ ER-alpha ratio is a pathologic biomarker for flairs in Crohn's Disease has been scientifically linked, retrospectively, to 1) reduced bioavailable testosterone, 2) hypothalamic-pituitary-gonadal axis dysregulation and 3) environmental toxins as probable causation. Estrogen turns off the ER-beta and must be avoided. Bioavailable testosterone is recognized as the biomarker, the Free Androgen Index (FAI). Decreased bioavailability is calculated as the ratio of decreasing Total Testosterone levels and increasing sex-hormone-binding globulin (SHBG). The FDA medication that increases serum total testosterone without increasing estrogen is nandrolone. The FDA medication that decreases SHBG is stanozolol. Using weekly intramuscular injections, the FAI is utilized as the drug-related biomarker. Increases in FAI parallel the recovery and potential remission seen with 5 of 7 Crohn's patients followed for up to 5 years. Each had exhausted all medication and surgical options; 2 had all the complications associated with their Short Bowel Syndrome. The FAI serves as the scientific serum drug-related biomarker that increases with treatment directed improvement in disease. These two available anabolic steroids offer a paradigm shift beyond biologics and surgical resection; these patients may now realize the compassionate relief from the devastation of inflammatory bowel disease.

Biography

Edward M Lichten completed his medical doctorate at age 24 at the Ohio State College of Medicine in 1972. He is the author of The Textbook of Bioidentical Hormones 2007, approximately 40 peer-reviewed journal articles and a key lecturer at numerous international and national medical conferences. He has served as an assistant clinical professor at Wayne State College of Medicine, reviewer and clinical researcher on numerous topics related to the linkage between environmental toxins, hormonal dysregulation and chronic disease.

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