

Breaking News

Men's Health Medical & Marketing Network

Committed to the Science of Improving Men's Health



The HEAT
Registry 2022



Issue No. 1

- Zitzmann, M et al. (2022) The HEAT-Registry: Comparison of a transdermal gel vs long-acting intramuscular testosterone undecanoate in hypogonadal men, *The Aging Male*, 25:1, 134-144,

Beneficial for BH

Stoplight system:

- Green light means it is supportive/aligned to BH product use in clinical practice.
- Yellow light means it is neutral or informational on the therapeutic area or BH related products.
- Red means it is not supportive/aligned to BH product use in clinical practice or may have negative impact to BH products.

The HEAT-Registry

The HEAT-Registry (HEmatopoietic Affection by Testosterone):
comparison of a transdermal gel vs long-acting intramuscular
testosterone undecanoate in hypogonadal men

Zitzmann, M. et al. THE AGING MALE 2022, VOL. 25, NO. 1, 134–144

The HEAT-Registry

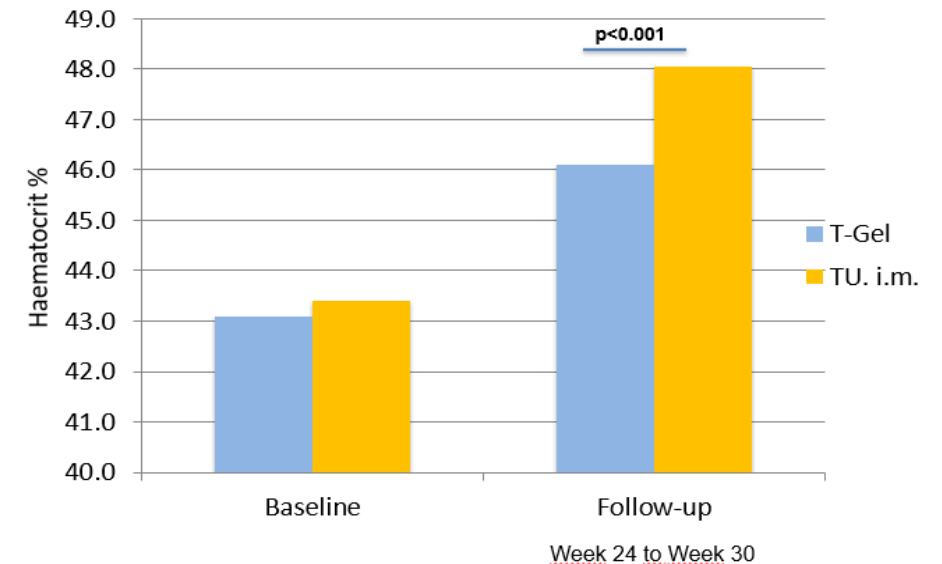
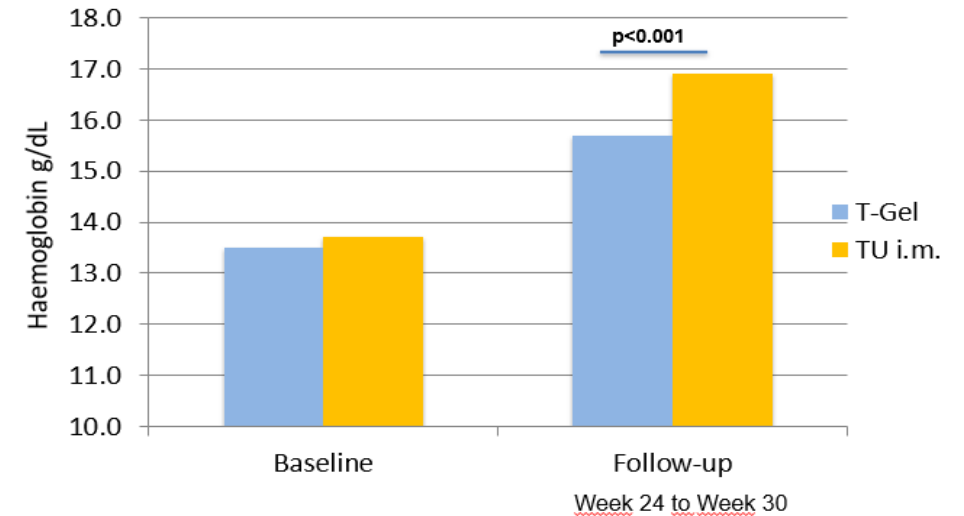
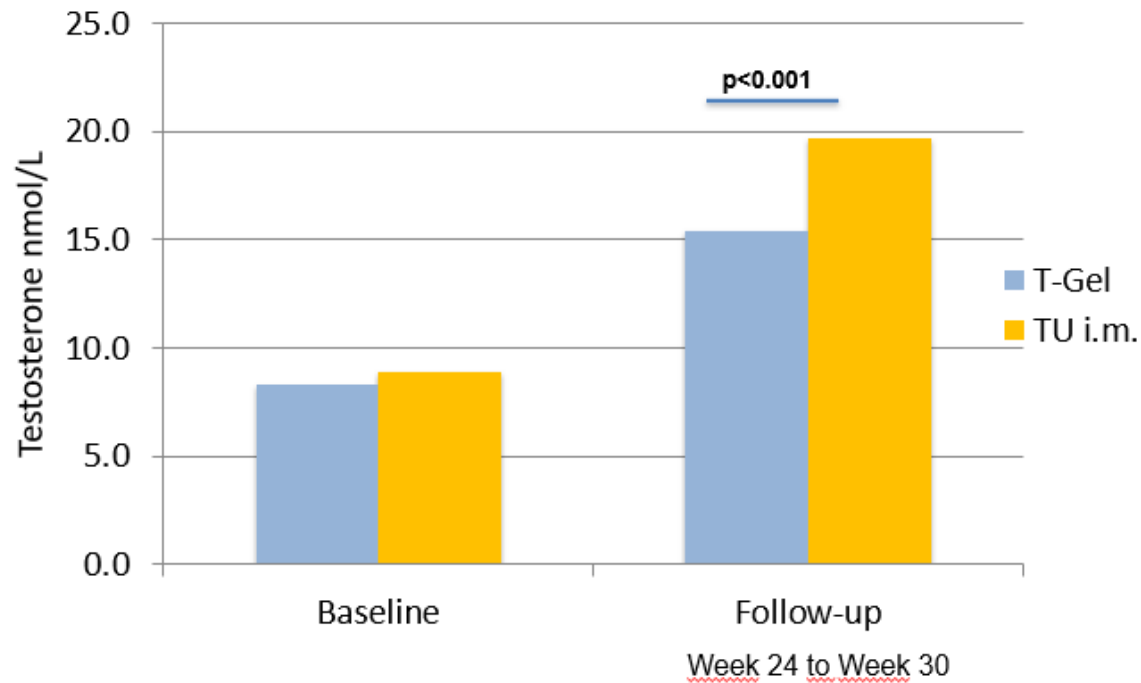
First direct comparison between Nebido and AndroGel

Primary aim to assess prospectively the effects of both therapies on:

- Testosterone levels
 - Haemoglobin levels
 - Haematocrit
 - Passing a threshold of haematocrit > 50%, > 52%, >54% and > 56%
 - Resolution of anaemia
- **Prospective, single-centre (Muenster), open-label, observational registry for TRT**
 - **Minimum treatment period of 26 weeks**
 - Group 1: 498 men prescribed AndroGel
 - Group 2: 304 men prescribed Nebido
 - **Medication chosen according to patient's and physician's agreement**
 - No randomization

The HEAT-Registry – Higher T Levels or Less Side Effects?

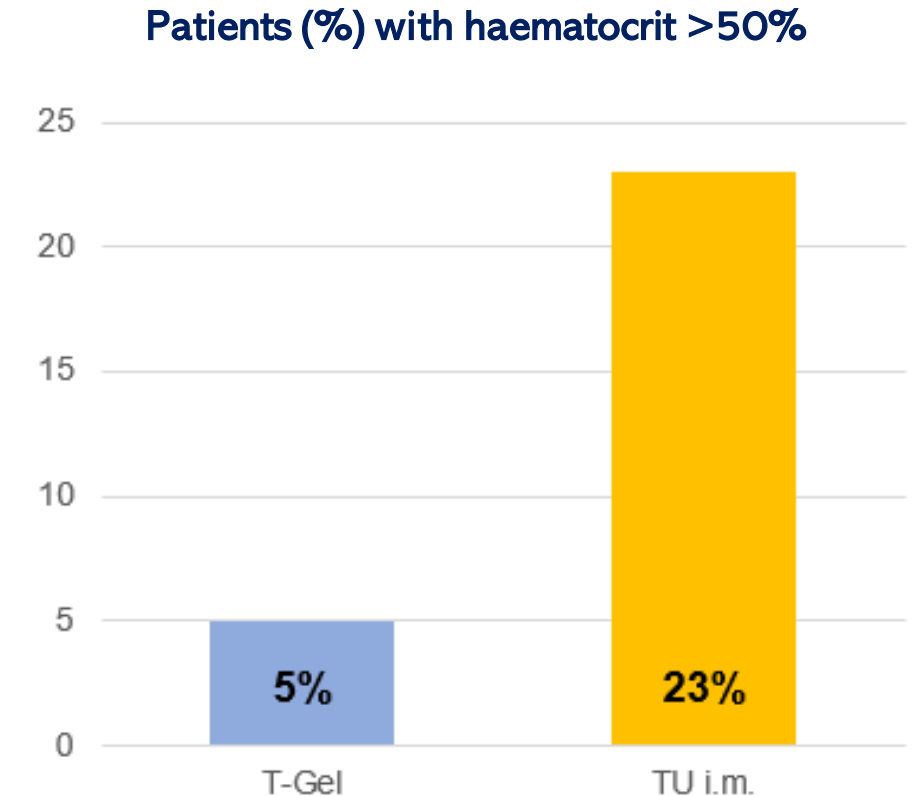
- Group 1: 498 men prescribed AndroGel
- Group 2: 304 men prescribed Nebido



The HEAT-Registry - Results

Thresholds for haematocrit during TTh

	AndroGel	Nebido	Chi-Square-Test
Haematocrit >50%	25 / 498 (5 %)	69 / 304 (23 %)	<0.001
Haematocrit >52%	9 / 498 (2 %)	25 / 304 (9 %)	<0.001
Haematocrit >54%	2 / 498 (<1 %)	8 / 304 (3 %)	0.03
Haematocrit >56%	0 / 498 (0%)	2 / 304 (~<1%)	0.14



The HEAT-Registry - Summary

- **Testosterone levels increase to a higher level with Nebido vs AndroGel after approx 6 months of treatment ($p < 0.001$)**
- **Testosterone substitution by either AndroGel or Nebido increases haemoglobin and haematocrit**
 - The effect is significantly more pronounced in men receiving Nebido ($p < 0.001$)
 - The effect is more pronounced in older men with increased waist circumference who have functional (non-classical) hypogonadism
- **Men with anaemia were more likely to move out of the pathological range when receiving TU vs T gel (41/53 vs. 49/89 $p < 0.01$).**
 - Authors acknowledge that T-gel has been shown (in a large RCT - T Trial) to also reverse anaemia
- **Changes (slight increases) of PSA-levels occurred within the Nebido group but not in the T-gel group. The difference was statistically different between treatment groups ($p < 0.001$)**