# I'M A TESTICULAR CANCER SURVIVOR

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Around **20%** of **testicular cancer** survivors experience **testosterone deficiency**<sup>1</sup>, which can result in metabolic syndrome and poor cardiac health.<sup>2-7</sup>

# The European Society for Medical Oncology recommends measurement of testosterone levels during follow-up.<sup>8</sup>

PRESCRIBING INFORMATION TESTOBEL<sup>4</sup>(testosterone) 16.2 MG/G, GEL For full prescribing information, including side effects, precautions and contraindications, lipease consult. The Summary of Product Characteristics (SPC). Presentation: Transformal gel in a multi-dose container, one pump actuation delivers 125 g of gel containing 20.25 mg of testosterone. Indication: Testosterone replacement therapy for male hypogenation whon testosterone delicionery has been confirmed by clinical features and biochemical tests. Dosage and administration: Cutaneous use. The recommended dose is two pump actuations of gel (Le. 40.5 mg of testosterone) giptied once adity. The taiv/ dose should not exceed foru pump actuations (81 mg testosterone) per day. Adjustment of dosage should be administration. Substaterone levels andird: clinical resource. The gel should be administration by the patient himself, onto clean, dy, healthy skin on the right and left upper arms and shoulders. 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Risk of pre-existing prostatic cancer should be excluded and the prostate gland and breast monitored during Testopel treatment. Antriogens may accelerate the progression of sub-clinical postate cancer and lengin prostate hyperalasia. Testogel should be used with caution in cancer patients at risk of hyperaclemia and associated hyperacleuria during testopel treatment. Stopel may cause oedena with or without congestive cartice falue in patients suffering from server cardice, hegato or renal insufficiency or ischemic heard tissesse. If this occurs, treatment must be stoped immediately. Testogel should be used with caution in patients with ischemic heard with thromotophila. There are published reports of increased risk of sleep aproze in hypoponada subjects treated with testosterome eases. Septically in those with risk tartors such as obesity and chronic respiratory disease. Spreamatigeresis may be suppressed leading to adverse effects on seme parameters. 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Do not apply to the gential areas as the high alcohol content may cause local intation. Testogel can be transferred to other peisons by cobes skin to skin contact. There is limited experience regarding safety and efficacy of Testogel in patients over 65 years of age. Testogel is not indicated for use in women or in children under 18 years of age. Testogel is not a transmitter to male importee or sterility. For further details refer to the SPC. Interactions: May increase the activity of oral anticoaguiants. Concomitant administration of testosterone and ACH nor corticosteroids may increase the risk of deteloping oedema. May cause changes avoid any contact with Testogel application sites. This product may have adverse avoid any contact with Testogel application sites. This product may have adverse and any contact with Testogel application sites. This product may have adverse and any contact with Testogel application sites. This product may have adverse and any contact with Testogel application sites. This product may have adverse and any contact with Testogel application sites. This product may have adverse and plotsy sitming effection with the sitma detatement with a set of the fallowing commonly (1000; (100) occur with Testogel- emotional symptoms, Tostalte specific antigen (PSA) increased, hiercased heematorich, increased heemaglobin and increased red blood cell count. The following uncommonly (1000). to (1/00) occur with Testogel: malignant hypertension, flushing, phlebitis, diarrhoea, abdominal distention, oral pain, gyneecomastia, hipple disorder, testicular pain, increased erection and pitting oediema. Other known adverse drug reactions: testis disorder, headche, dizziness, paraesthesia, vascullation (hot flushes), deep vein thrombosis, dyspneea, polycythaemia, anaemia, musculosteletal pain, prostate enlargement, oligospermia, benign prostate hyperplasia, imparted urnation, anviety, depression, aggression, insomnia, nausea, asthenia, oedem, malaise and weipht increase. In case of severe application site reactions, treatment should be reviewed and discontinued i necessary. NHS Price: £31.11 per 88p pump pack, Legal category: POM. Marketing Authorisation Number: PJ 283970007. Marketing Authorisation Ndder: Beisnis Realthcare, Arenue Louise, 287. Brussels, Belgium. Date of preparation of Prescribing Information: 06 September 2018 TES/2019/063.

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple-App Store.Adverse events should also be reported fo Besins Healthcare (UK) Ltd Drug Safety on 0203 862 0920 or Email: pharmacovigilance@besins-healthcare.com

References: 1. Haugnes HS, Wethal T, Aass N, et al. J Clin Oncol. 2010;28(30):4649-4657. 2. Abu Zaid M, Dinh PC, Monahan PO, et al. J Natl Compr Canc Netw. 2019;17(5):459-468. 3. Lunenfeld B, Miskhalaya G, Zitzmann M, et al. The Aging Male. 2015;18(1):5-15. 4. Khera M, Adaikan G, Buvat J, et al. J Sex Med. 2016;13(12):1787-1804. 5. Zarotsky V, Huang M-Y, Carman W, et al. Andrology. 2014;2(6):819-834. 6. Sharma R, Oni OA, Gupta K, et al. Eur Heart J. 2015;36(40):2706-2715. 7. Zeller T, Schnabel RB, Appelbaum S, et al. Eur J Prev Cardiol. 2018;25(11):1133-1139. 8. Oldenburg J, Fossä SD, Nuver J, et al. Ann Oncol. 2013;24 Suppl 6:vi125-132. TES/2021/011. March 2021

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# I'M A TESTICULAR CANCER SURVIVOR

**Testicular cancer** survivors are at risk of developing **testosterone deficiency,** which can result in metabolic syndrome and poor cardiac health.<sup>1-5</sup>

# **The European Society for Medical Oncology recommends** measurement of testosterone levels during follow-up.<sup>6</sup>

PRESCRIBING INFORMATION TESTORE<sup>14</sup>(testosterone) 16.2 MG/G, GEL for full prescribing information, including side effects, precautions and contraindications. Transdermal gel in a multi-dose container, one pump actuation delivers 12.5 g of gel containing 20.25 mg of testosterone. Indication: Testosterone replecement therapy for male hypogenations when testosterone deficiency has been confirmed by clinical features and biochemical tests. **Dosage and administration:** Cutaneous use. The recommended dose is two pump actuations of gel (i.e. 40.5 mg of testosterone) gapiel once failing. The faily dose should not exceed four pump actuations (8) mg testosterone) per day. Adjustment of dosage should be achieved by increments of one pump actuation, usually based on measurements of blood testosterone levies and/or clinical reports. The gel should be administered by the patient himself, onto clean, dry, healthy dose before diesing. Dottraindications. Classes of hown or to any other constituent of the gel. **Warnings and precautions for use**. Testosterone insufficiency should be cleanly demonstrated by clinical features and shoulders. Allow to any other constituent of the gel. **Warnings and precautions for use**. Testosterone insufficiency should be cleanly demonstrated by clinical features and confirmed by 2 separate blood testosterone measurement. Testosterone levels should be monitored at baseline and at regular intervals during treatment. In addition, in patients receiving at baseline and at regular intervals during treatment. In addition, in patients receiving at baseline and at regular intervals during treatment. long-term androgen treatment the following laboratory parameters should be checked regularly, heemoglobin, hearnatorit (to detect polycythaemia), iner function tests, ipid ortific Tested may affect results of laboratory tests of thymoid function. Risk of pre-existing prostatic cancer should be excluded and the prostate gland and breast monitored during Testogel treatment. Androgens may accelerate the progression of sub-clinical prostate cancer and beingin prostate hyperplasia. Testogel should be used with caution in cancer patients at risk of hypercalcemia and associated hypercalculuria due to bore metastases; regular monitoring of blood calcium levies is recommended in these patients. Testogel may cause oetema with or without competing cardiac failure in patients suffering from severe cardiac, hepatic or reral insufficiency or isothaemic heard disease. If this cocurs, treatment must be stopped immediately. Testogel should be used with caution in patients with isohaemic heart disease. Testosteren may cause a rise in blood pressure and should be used with caution in me with hypertension. Testogel should be used with caution in patients with thromotophila. There are published reports of increased risk of sleep apnear in hypoponada slubjects treated with testosterone easter, especially in those with risk factors such as duesity and chronic regularizing disease. Spemantegnesis may be suppressed leading to adverse effects on seme parameters. Bynecomastia causionally diverging and causionally presists. Initiabity, nenousness, weight gain, prolonged or frequent erections may indicate excessive androgen exposure requiring dosage adjustment. Testogel should be used with cautorn in patients with epilepsy and migraine. Do not apply to the genital areas as the high alcohol content may cause local infation. Testogel can be transferred to other persons by close skin to skin contact. There is limited experience regarding safety and efficacy of Testogel in patients over 65 years of age. Testogel is not a transferred to ther persons by close skin to skin contact. 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The testogel- emotional symptoms, The following commonly (21/100; 1/10) cours with Testogel- emotional symptoms, prostale specific antigen (PSA) increased, hiercased heematorici, increased heemoglobin and increased red blood cell court. The following uncommonly (21/100) to (1/00) occur with Testogel: malignant hypertension, flushing, phlebitis, diarrhoea, abdominal distention, oral pain, gynaeconastia, hipple disorder, testicular pain, increased erection and pitting oedema. Other known adverse drug reactions: testis, disorder, headache, dizziness, paraesthesia, vascolialion (hot flushes), deep vein thrombosis, dyspneae, polycythaemia, anaemia, musculosteletal pain, porstate enlargement, oligospermia, hening notstate hyperplasia, impated urhation, anxiety, depression, aggression, insmmin, anausea, asthenia, oehem, malaise and weight increase. In case of severe application site reactions, treatment should be reviewed and discontinued i necessary. NHS Price: £31.11 per 8Bg pump pack, Legal category: POM. Marketing Authorisation Number: PL 283970007. Marketing Authorisation folder: Beans Relaticare, Arenue Louise, 287. Bussels, Baljoum. Date of preparation of Prescribing Information: 06 September 2018 TES/2019/063.

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References: 1. Lunenfeld B, Mskhalaya G, Zitzmann M, et al. The Aging Male. 2015;18(1):5-15. 2. Khera M, Adaikan G, Buvat J, et al. J Sex Med. 2016;13(12):1787-1804. 3. Zarotsky V, Huang M-Y, Carman W, et al. Andrology. 2014;2(6):819-834. 4. Sharma R, Oni OA, Gupta K, et al. Eur Heart J. 2015;36(40):2706-2715. 5. Zeller T, Schnabel RB, Appelbaum S, et al. Eur J Prev Cardiol. 2018;25(11):1133-1139. 6. Oldenburg J, Fosså SD, Nuver J, et al. Ann Oncol. 2013;24 Suppl 6:vi125-132. TES/2021/011. March 2021

## I'M A TESTICULAR CANCER SURVIVOR

Testosterone therapy reduced **all-cause mortality** and **cardiovascular risk** vs no treatment in men diagnosed with **testosterone deficiency**.<sup>1-3\*</sup>

**The European Society for Medical Oncology recommends** measurement of testosterone levels during follow-up.<sup>4</sup>

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to (1/00) occur with Testogel- malignant hypertension, flushing, phlebitis, diarhoea, abdominal distention, oral pain, gynaecomastia, nipple disorder, testicular pain, increased erection and pitting oedema. Other known adverse drug reactions: testis disorder, headche, dizziness, paraesthesia, vasorildalion (hot Ilushes), deep vein thrombosis, dysponea, polycythaemia, anaemia, musculosteletal pain, prostate enlargement, oligospermia, benign postate hyperplasia, impaired urination, anxiety, depression, agreesion, insomini, anausea, asthenia, develm, malaise and weight increase. In case of severe application site reactions, treatment should be reviewed and discontinued if necessary. NIKS Price: 511 [Ipe 889 pump pack, Legal category: POM. Marketing Authorisation Number: PJ 283970007. Marketing Authorisation Nder: Beins healthcare, Arenue Louise, 287, Brussels, Belgium. Date of preparation of Prescribing Information: 06 September 2019 TES/2019/063.

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\*The studies include data on patients receiving a range of testosterone therapies including gels.

References: 1. Sharma R, Oni OA, Gupta K, et al. Eur Heart J. 2015;36(40):2706-2715. 2. Oni OA, Dehkordi SHH, Jazayeri M-A, et al. Am J Cardiol. 2019;124(8):1171-1178. 3. Corona G, Rastrelli G, Di Pasquale G, et al. J Sex Med. 2018;15(6):820-838. 4. Oldenburg J, Fosså SD, Nuver J, et al. Ann Oncol. 2013;24 Suppl 6:vi125-132. TES/2021/011. March 2021