

UTAH MEN'S HEALTH | Ahead of the Curve
ARIMIDEX PATIENT HANDOUT

Anastrozole (Arimidex)

As discussed during your visit, Arimidex is a medication that alters hormone levels within your bloodstream. Specifically, it reduces the production of estrogens by preventing the conversion of testosterone into a particular estrogen, estradiol. By doing so, testosterone levels rise and estradiol levels are lowered.¹ To evaluate the effectiveness of Arimidex, your testosterone level, estradiol level, and the ratio of testosterone to estradiol will be monitored throughout your course of therapy.

Arimidex, by raising testosterone levels, has been found to reduce the symptoms of male hypoandrogenism such as low energy, reduced muscle mass, low libido (sex drive), and erectile dysfunction.² It has also been found to improve sperm production and sperm recovery rates in oligospermic and azospermic men.³ Though research shows promising results, the use of Arimidex in males remains an off-label use of this medication.

As with any new medication, you may notice side effects while taking Arimidex.

Side effects may include:

- Nausea
- Insomnia
- Bone Pain
- Cough
- Increased red blood cell count
- Increased liver enzymes

Rare, but serious side effects that have been reported include:

- Blood Clots
- Cataracts
- Stevens-Johnson Syndrome, a serious rash caused by a drug intolerance

Please refer to your patient instructions for detail regarding your laboratory follow-up as well as your follow-up appointments. Do not hesitate to contact our offices at **(801) 587-1454** at any point with questions or concerns about your new medication.

If you believe you are experiencing significant side effects, discontinue the medication and call Dr. Hotaling's office at (801) 587-1454 immediately.