Combination Drug Therapy Effectively Treats Male Infertility

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Two drugs that are commonly used off-label in the treatment of male infertility are clomiphene citrate (CC) and anastrozole (AZ); however, data are lacking on the use of combination CC+AZ therapy.

In the study of 51 men, AZ provided an effective means for lowering estradiol levels and increasing the testosterone/estradiol ratio following the initiation of CC therapy. CC is a selective estrogen receptor modulator that increases gonadotropin production and indirectly stimulates androgen synthesis, but it is associated with increased estradiol levels. AZ is an aromatase inhibitor that decreases conversion of testosterone to estradiol.

Additional Information

Link to Study: https://physoc.onlinelibrary.wiley.com/doi/10.1111/bju.14390

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