

Dutasteride Therapeutic Cheat Sheet

COMPILED BY: AZAM QURESHI, MD • REVIEWED BY: ADAM FRIEDMAN, MD

TRADE NAME

- > Avodart (oral)³

MECHANISM OF ACTION

- > Synthetic 4-azasteroid compound, selectively inhibits type 1 and type 2 5 α -reductase, thereby reducing conversion from testosterone to 5 α -dihydrotestosterone (DHT)³

FDA APPROVED FOR

- > Benign prostatic hyperplasia

OFF-LABEL USES

- > Androgenic alopecia (AGA)
- > Frontal fibrosing alopecia (FFA)
- > Hidradenitis suppurativa
- > Possible utility in treating hirsutism, acne vulgaris in females*

*current literature supports possible benefit from sister drug finasteride for these conditions, but paucity of studies have investigated dutasteride directly^{4,5}

DOSING

- > AGA, FFA
 - > Oral: 0.02 – 2.5mg daily, most commonly utilized dose is 0.5mg dutasteride daily in order to maximize efficacy while limiting side effects^{6,7}
 - > Mesotherapy: 0.01%, 0.05%, 0.005% dutasteride⁸
 - > Topical: 0.01% dutasteride solution⁹
- > Hidradenitis suppurativa
 - > 0.5mg dutasteride daily¹⁰

SIDE EFFECTS³

- > Headaches
- > Depression
- > Nausea
- > Hot flashes
- > Decreased libido
- > Reduced intensity of orgasm
- > Impotence
- > Abnormal ejaculation
- > Gynecomastia
- > Decrease in serum PSA levels
- > Decreases risk of prostate cancer overall, may increase risk of high grade prostate cancer, however this is controversial given conflicting evidence in the literature
- > Possible association with breast cancer and ovarian cancer, however lack of sufficient studies available

WARNINGS

- > Avoid use in patients with history of estrogen-mediated malignancies such as breast or ovarian cancer, however association is not well-supported
- > Given reduction in serum PSA levels associated with dutasteride use, any PSA values obtained on therapy until 6 months after termination of therapy should be doubled for comparison with normal ranges in untreated men

CONTRAINDICATIONS

- > Pregnancy
- > Pediatric patients
- > Patients with known hypersensitivity to dutasteride or other 5 α -reductase inhibitors

PREGNANCY & BREASTFEEDING³

- > Contraindicated in pregnancy, preclinical data suggests exposure to pregnant mother may inhibit development of male genital organs of a male fetus
- > It is unknown if dutasteride is excreted in human breast milk

MONITORING

- > No recommended blood monitoring guidelines
- > Evaluation for prostate cancer should be performed on patients with BPH prior to initiating therapy and periodically afterwards