

**Press release****Medicines Control Council alerts the public of the risks and harm associated with the inappropriate and non-prescribed use of testosterone-containing medicines**

From: Registrar of Medicines, Medicines Control Council (MCC)

Date: 02 August 2016

The MCC recently discussed the risk of heart attacks and strokes associated with the use of testosterone containing medicines.

It has come to the attention of the MCC that testosterone-containing medicines are being used illegally and inappropriately in South Africa. The MCC would like to alert the public not to obtain medicines containing testosterone from illegal suppliers or without a written doctor's prescription; due to the risk and harm associated with their unsupervised use.

Medical practitioners are reminded to prescribe testosterone-containing medicines only for the approved indications of testosterone replacement therapy and osteoporosis in men with testosterone deficiency.

These products are not indicated for amongst others: enhancing muscular development in healthy individuals, impotence or for increasing physical ability.

The following special precautions are to be taken by the healthcare workers, in order to minimise the risks associated with the use of testosterone-containing medicines:

- Testosterone plasma levels should be monitored at baseline and at regular intervals during treatment.
- The dosage should be individually adjusted to ensure the maintenance of appropriate testosterone plasma levels.

Notes for editors:

The Medicines Control Council (MCC) is responsible for regulating all medicines and medical devices in South Africa by ensuring that they meet standards of efficacy, safety and quality. The MCC operates in terms of the Medicines and Related Substances Act, 1965 (Act 101 of 1965), as amended, the Regulations issued in terms of that Act, and associated guidelines.

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