

### 5 Alpha Reductase Inhibitors

**Prototype Med** finasteride (Propecia and Proscar)

**Other Meds** dutasteride (Avodart)

**Action:** Act by inhibiting the enzyme 5 alpha reductase which changes testosterone into 5 alpha dihydrotestosterone or DHT in the prostate gland.

### Therapeutic Use

Treatment of benign prostatic hypertrophy (also reduces the risk of prostate cancer)

Treatment of male pattern hair loss (Propecia)

### Adverse Drug Reactions

Reduced libido and ejaculate volume

Reduced prostate-specific antigen (PSA) levels

Gynecomastia (males)

### Nursing Interventions

Tell clients about the possibility of reductions in libido and ejaculate volume.

Obtain a baseline PSA level and monitor periodically.

Expect PSA levels to decline with therapy.

Evaluate any increases in PSA level, as they may indicate prostate cancer or nonadherence to therapy.

Monitor for breast enlargement.

Evaluate if there is concern for body image.

### Administration

Take orally, with or without food.

Crush the tablets if needed.

Expect drug therapy to be lifelong.

Ensure that women do not handle the drug, especially if crushed, due to the possibility of transdermal absorption.

Expect therapeutic effects to take 6 to 12 months.

### Patient Education

Expect decreases in libido and ejaculate volume.

Undergo regular prostate cancer screenings.

Report breast enlargement.

### Contraindications

Pregnancy (teratogenic)

Female, children

### Precautions

Liver impairment

Obstructive uropathy