

# News

Office of Medical Information  
The University of Texas

Southwestern Medical Center at Dallas

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\*\*\*\*Patients sought for test of  
prostate-shrinking drug

DALLAS -- Researchers at The University of Texas Southwestern Medical Center at Dallas are recruiting men for a multi-site study of zanoterone, an investigational drug for treatment of non-cancerous enlargement of the prostate.

The principal investigator is Dr. John D. McConnell, associate professor of surgery. McConnell plans to enroll about 20 patients at UT Southwestern. Approximately 350 will be enrolled at other medical centers in the United States.

The study is designed to determine the most appropriate dose for zanoterone, a product of the Sterling Research Group. Most patients will be assigned at random to receive 100 milligrams (mg), 200 mg, 400 mg or 800 mg of the drug daily for six months. The rest will receive a placebo. Neither the patients nor the researchers will know who received which dosage until the study is complete.

Zanoterone works by blocking the action of the male hormones testosterone and dihydrotestosterone. These hormones are known to play a role in causing prostatic enlargement.

An estimated 80 percent of men will experience symptoms associated with enlargement of the prostate, a walnut-sized gland just beneath the bladder that secretes one of the primary constituents of seminal fluid. This process, called benign prostatic hyperplasia (BPH),

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usually begins in middle to late-middle age and follows a fairly predictable course.

First, the bladder becomes more muscular in response to resistance created by the enlarged prostate, causing frequency and urgency of urination. Over time, the bladder becomes less able to compensate as the prostate continues to enlarge. Symptoms of obstruction begin to occur. These include impairment in the urine stream, decreased force of urination and incomplete bladder emptying. Eventually, the blockage can completely prevent urination. In advanced cases bleeding, infection, renal insufficiency and kidney failure can occur.

Participation in the zanolterone study is limited to men with a diagnosis of BPH. Excluded are men who have undergone surgery for BPH or suffer from cancer, heart disease or insulin-dependent diabetes. For more information, call Sherril Brown at 214/688-7959.

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NOTE: The University of Texas Southwestern Medical Center at Dallas comprises Southwestern Medical School, Southwestern Graduate School of Biomedical Sciences, Southwestern Allied Health Sciences School, affiliated teaching hospitals and outpatient clinics.