

第6回

日本Men's Health医学会

■ 招請講演

A State-of-the-Art Lecture on: TESTOSTERONE SUPPLEMENTATION : BENEFIT AND RISK

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2006年11月25日(土)
12:45~13:45

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日本オルガノン株式会社

A State-of-the-Art Lecture on: TESTOSTERONE SUPPLEMENTATION : BENEFIT AND RISK

With prolonged life expectancy, men and women can expect to live one-third of their lives with some form of hormone deficiency. The aging male, in particular, has the added problem of developing urological diseases, such as benign prostatic hyperplasia, prostate cancer, continence disorders and erectile dysfunction. Testosterone deficiency syndrome (TDS) of the aging male is associated with a decrease in the peripheral levels of testosterone and other hormones. There is an annual decrease of about 1% of (free) testosterone. Hormonal changes in the aging male are associated with changes in the body mass index, obesity, osteoporosis, sleep and mood disorders. Obesity appears to be a driving factor since adipose cells secrete leptin which results in a decrease of testosterone. The metabolic syndrome, which is an association of hypertension, hyperlipidemia increased insulin resistance (glucose intolerance - diabetes type II) is interlinked with obesity and TDS. A number of testosterone replacement therapies are available. Testosterone supplementation should maintain physiological levels of testosterone and its metabolites. The potential benefits and risks must be carefully assessed. Special focus should be put on testosterone and prostate. An increasing body of evidence shows that aggressive prostate cancer is quite frequently associated with low testosterone. Also obesity, and its associated decrease in testosterone, is associated with a worst prognosis of prostate cancer. At the present time, there is no evidence that testosterone supplementation is associated with an increased risk of developing prostate cancer. Careful monitoring of men receiving testosterone supplementation should be a shared responsibility where the urologist has a major role to play. Men on testosterone therapy should be monitored at 3-month intervals during the first year of use and thereafter at 1-year intervals if they are stable.



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CURRICULUM VITAE

Professor Claude Schulman is Chief of Department of Urology, Erasme Hospital, University Clinics of Brussels, and Professor of Urology, University of Brussels, Belgium.

He is Editor Emeritus of "European Urology", the official journal of the European Association of Urology and was the Editor-in-chief since its creation in 1975 to 2005. He is an Editorial Board member of numerous different journals. He was the past President of the EAU 2000 Congress.

He received the EAU "Life Time Achievement Award" given for the first time in 2006.

Since receiving his MD and PhD degrees, he has published more than 500 papers, mostly in international urological journals, and has contributed numerous chapters to several internationally-renowned textbooks in Urology. Professor Schulman is also the author of five books in Urology.

He is a member of 20 International Scientific Societies.

Professor Schulman has been an active participant in over 500 international meetings and an invited Guest Professor at numerous advanced urological postgraduate training courses, symposiums and lectures in Europe, and North and South America.

His principal fields of interest in urology include prostate cancer, urooncology, erectile dysfunction, aging male and testosterone.