

A close-up photograph of a person's back and shoulder. The skin is a light brown color. There is a large, faint, yellowish-brown stain on the upper back and shoulder area, which appears to be a bruise or a mark from a medical procedure. The word "Anastrozole" is overlaid in white text on the right side of the image.

Anastrozole

Anastrozole Oral

PATIENT GUIDE

This guide covers what Anastrozole is, what to expect, and when to reach out to your clinical team.

What Is Anastrozole?

Anastrozole is an oral medication that blocks aromatase, the enzyme that converts testosterone into estrogen (estradiol). It's FDA-approved for breast cancer treatment but has no FDA-approved indication in men. It's sometimes used alongside testosterone, hCG, or enclomiphene therapy to manage excess estrogen.

Why is Anastrozole Prescribed?

Anastrozole may be prescribed if:

- Your estradiol level is confirmed above 60 pg/mL, regardless of symptoms, or
- Your estradiol is 40–60 pg/mL along with symptoms such as breast tissue enlargement, fluid retention, low libido or sexual dysfunction, or mood changes

What to Expect

This medication is taken by mouth, **often on the same days as your testosterone injections**.

- Starts at a low daily dose taken 2–3 times per week
- **Based on the information from your initial medical intake, subsequent monthly check-ins, testosterone medication dose, and routine required lab testing**, your clinician determines your starting dose, whether and when to increase it, and your maximum dose

Required Labs

Additional lab testing beyond what is required for TRT is at your clinician's discretion.

Who Shouldn't Take TRT

Do not take this medication if any of the following apply to you:

- Known allergy to anastrozole, or a history of severe reaction to aromatase inhibitors
- Normal or low-normal estradiol
- Significant bone density concerns or osteoporosis
- Uncontrolled cardiovascular disease (such as a heart attack or stroke in the last 12 months, or ongoing angina)

Talk to your clinician if any of the following apply to you:

- Stable heart disease or liver disease
- History of depression

Possible Side Effects

Individual responses vary. Side effects aren't guaranteed, and some people experience none at all. However, over-suppression (estrogen dropping too low) is more common in men on hormone therapy than under-suppression. Its symptoms are frequently mistaken for low testosterone. If you feel worse after starting anastrozole, it may mean your estrogen is too low, not that you need a higher dose. This requires a lab check to know for sure.

Common:

- Joint pain or stiffness
- Low libido or erectile dysfunction
- Fatigue or brain fog
- Mood changes, depression, or irritability
- Headache, hot flashes, or nausea
- Trouble sleeping

Rare but important:

- Bone loss
- Worsening cholesterol or blood pressure
- Liver enzyme elevation — rare at the doses used in men

If you experience any side effects, notify your clinician through the portal or indicate this in your monthly check-in. A dosage or medication change may be appropriate.

When to Contact the Clinical Team

Stop using this medication and contact your clinician through the portal if you develop:

- Signs of liver problems: yellowing of the skin or eyes, dark urine, or severe nausea or abdominal pain
- Severe joint or bone pain
- Severe depression or mood changes
- Unusual bruising or bleeding, or severe skin reactions (blistering or peeling)

Go to your nearest Emergency Room or call 911 right away if you have any of the following:

- difficulty breathing or swelling of your face, lips, tongue, or throat
- chest pain or shortness of breath
- a sudden severe headache
- an irregular heartbeat

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

