

**Drug Spotlight 20-1** *Dutasteride (Avodart)*

<b>Classification</b>	Benign prostatic hyperplasia agent
<b>Availability</b>	Capsules
<b>Indications</b>	Treatment of the symptoms of benign prostatic hypertrophy
<b>Mechanism of Action</b>	Prevents conversion of testosterone to DHT, which leads to enlargement of the prostate gland
<b>Adverse Reactions/ Side Effects</b>	Reduced libido, impotence, breast tenderness and enlargement, reduced sperm count
<b>Contraindications/ Precautions</b>	Must be taken for 6 months before determining effectiveness of treatment. Pregnant women should avoid handling drug because of potential birth defects; for the same reason, men should wait 6 months after treatment ends to donate blood, to prevent exposing women to drug

DHT, dihydrotestosterone

Urinary tract infections can cause frequency, urgency, pain, and blood in the urine. They are usually treated with broad-spectrum antibiotics (Bactrim, Augmentin), analgesics (Pyridium), and antispasmodics (methenamine, flavoxate).

Although gout affects the musculoskeletal system, it is caused by the inability of the kidneys to clear uric acid from the bloodstream. Antigout medications can cause rashes in hypersensitive individuals (see Chapter 12 for further information on medications to treat gout).

Certain antispasmodics such as darifenacin (Enablex), fesoterodine (Toviaz), oxybutynin (Ditropan, Urotrol), solifenacin (VESIcare), tolterodine (Detrol), or trospium (Regurin, Sanctura) can effectively treat urinary incontinence by decreasing the contractions of the bladder and thus eliminating urgency symptoms that lead to wetting accidents. These medications are taken orally, and a few are additionally available as a transdermal patch.

**Enuresis** (bedwetting) can be treated effectively with desmopressin (DDAVP) (nasally or orally) and oral imipramine (Tofranil). DDAVP is a manufactured form of the naturally occurring hormone vasopressin found in the pituitary gland that helps the body control its water volume. You should also advise patients not to drink caffeinated drinks after 6 P.M. because these drinks can irritate the bladder and cause enuresis.

### Effects of Medications on Color of the Urine

One side effect of many medications is a change in the color of urine to dark brown or yellow, blue green, orange yellow, or red pink. Usually, this discoloration has no effect on the kidneys, but it may frighten the unprepared patient. Preparing the patient may prevent panicked calls in the middle of the night or during a busy workday. Agents that change the color of urine include some anticoagulants, antibiotics, antidepressants, laxatives, barbiturates, and iron salts. Always check your drug handbook for information on urine color changes.

## S U M M A R Y

- Reproductive and urinary system disorders can cause pain, infertility, and sometimes death.
- Many reproductive disorders result from a hormonal imbalance and are treated with hormones.
- The gonadotropic hormones follicle-stimulating hormone (FSH), luteinizing hormone (LH), and interstitial cell-stimulating hormone (ICSH) are responsible for the production of the female hormones estrogen and progesterone and the male hormone androgen (testosterone).