



Turkish Journal of Medical Sciences

Turkish Journal
of
Medical Sciences

The Effects of Flutamide on Lipid Profile, Insulin Sensitivity, Hirsutism and Gonadotropins in Women With Polycystic Ovary Syndrome

Mithat BAHÇEÇİ 1
Alpaslan TUZCU 1
Mehmet DURSUN 2
Melikşah ERTEM 3
Vahit YÜKSELEN 2

Departments of 1 Endocrinology, 2 Internal Medicine and 3 Public Health, Faculty of Medicine, Dicle University, Diyarbakır-Turkey

 [Keywords](#)
 [Authors](#)



medsci@tubitak.gov.tr

[Scientific Journals Home Page](#)

Abstract: In this study, we evaluated metabolic changes and the effects of flutamide in 22 women with PCOS. Flutamide was administered for a 6-month period in a dose of 750 mg/day. The basal and after treatment body mass index, waist: hip ratio, blood glucose, insulin, lipids, Ferriman-Gallwey scoring (FGS), gonadotropins, testosterone, trasaminazed and glucose: insulin (G:I) ratio were measured. For comparison, ANOVA was used. The sixth month mean FGS was significantly lower than the basal values (18.5 ± 7.4 and 12.5 ± 4.5 , $P < 0.01$). The mean basal G:I ratio was 3.31 ± 1.12 and 6.21 ± 2.53 at the sixth month. The sixth month G:I ratio was significantly higher ($P < 0.001$). The total and LDL-cholesterol were decreased by flutamide (from 144 ± 23 to 123 ± 23 and from 88 ± 32 to 60 ± 25 mg/dl respectively. $P < 0.02$ and $P < 0.01$), whereas, the HDL-cholesterol level was increased with flutamide (from 44.8 ± 3.9 to 46.5 ± 3.2 mg/dl and $P < 0.001$). LH (from 14.7 ± 6.7 to 8.4 ± 3 mIU/ml), LH/FSH ratio (from 3.4 ± 1.7 to 1.9 ± 0.6), total testosterone (from 0.87 ± 0.29 to 0.61 ± 0.18 ng/ml) and free testosterone (from 4.29 ± 1.18 to 2.14 ± 0.9 pg/ml) were decreased by flutamide ($P < 0.05$). Thus, we reached three conclusions: 1-Flutamide may improve insulin insensitivity. 2-In PCOS, flutamide decreases total and LDL-cholesterol, and increases HDL-cholesterol. 3-Flutamide may improve the LH/FSH ratio and induce a decrease in testosterone.

Key Words: insulin sensitivity, PCOS, flutamide, hirsutism and lipids.

Turk J Med Sci 1999; 29(6): 677-682.

Full text: [pdf](#)

Other articles published in the same issue: [Turk J Med Sci, vol.29,iss.6.](#)