

# **A CASE FOR LOWER DOSE PRESCRIBING OF ABIRATERONE AND DUTASTERIDE**

An Opinion Paper by Charles (Chuck) Maack

Prostate Cancer Continuing Patient Since 1992, Activist, and Mentor to  
Patients Worldwide online Since 1996

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## **ABIRATERONE**

Currently, abiraterone (Zytiga) is prescribed as four 250mg tablets daily with no food for two hours prior or one hour after, and very expensive as a treatment for prostate cancer. The below study determined that abiraterone taken as a single 250mg tablet accompanied by a low-fat meal is just as effective as the larger dose; a significant cost savings to the patient as well as the health insurer. The low dose abiraterone is to continue to be accompanied by prednisone.

Janssen, pharmaceutical company of Johnson & Johnson, disputes this research conclusion but is the reaction one would expect since it will have an effect on sales income.

<https://www.ncbi.nlm.nih.gov/pubmed/29590007>

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## **Prospective International Randomized Phase II Study of Low-Dose Abiraterone With Food Versus Standard Dose Abiraterone In Castration- Resistant Prostate Cancer.**

[Szmulewitz RZ<sup>1</sup>](#), [Peer CJ<sup>1</sup>](#), [Ibraheem A<sup>1</sup>](#), [Martinez E<sup>1</sup>](#), [Kozloff MF<sup>1</sup>](#), [Carthon B<sup>1</sup>](#), [Harvey RD<sup>1</sup>](#), [Fishkin P<sup>1</sup>](#), [Yong WP<sup>1</sup>](#), [Chiong E<sup>1</sup>](#), [Nabhan C<sup>1</sup>](#), [Karrison T<sup>1</sup>](#), [Figg WD<sup>1</sup>](#), [Stadler WM<sup>1</sup>](#), [Ratain MJ<sup>1</sup>](#).

Conclusion: Low-dose AA (250mg) (with low-fat breakfast) is noninferior to standard dosing with respect to PSA metrics. Given the pharmacoeconomic implications, these data warrant consideration by prescribers, payers, and patients. Additional studies are indicated to assess the long-term efficacy of this approach.

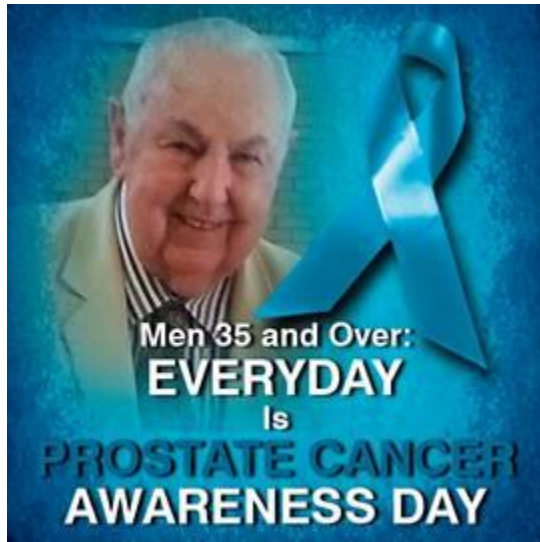
## **DUTASTERIDE**

Dutasteride (Avodart) as a 5Alpha Reductase (5AR) inhibitor reducing the activity of dihydrotestosterone (DHT) levels by 94.7%, is currently prescribed at one 0.5mg capsule daily See:

<https://academic.oup.com/jcem/article/89/5/2179/2844345>.

Dutasteride taken daily for 4 to 6 months will have established itself in a patient's system. At that point, recognizing the half-life of dutasteride is 5 weeks, and it can take 4 to 6 months for the medication to be totally eliminated from the system even if stopped, this long-time presence of dutasteride controlling DHT levels even after discontinuation appears to permit taking the 0.5mg capsule every other, or even every third day in active use remaining as effective as daily because of this long half-life. See: <http://www.drugs.com/pro/avodart.html> and scroll down to "Pharmacokinetics." This can be a consideration in cost savings, particularly for patients who do not have health insurance coverage for oral medications.

Please recognize that I am not a Medical Doctor. Rather, I do consider myself a medical detective. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued deep research and study in order to serve as an advocate for prostate cancer awareness, and, from an activist patient's viewpoint, as a mentor to voluntarily help patients, caregivers, and others interested develop an understanding of this insidious men's disease, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make their journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. **IMPORTANTLY**, readers of medical information I may provide are provided this "disclaimer" to make certain they understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as **MY OPINION**, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing their prostate cancer care.



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1<sup>st</sup> "Edward C. Kaps Hope Award"  
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