Testosterone Therapy Did Not Increase Major Cardiovascular Events

Men who received testosterone therapy for an average of about 22 months did not experience a greater number of major adverse cardiac events compared with those who received a placebo, based on results from a randomized clinical trial that enrolled 5246 patients aged 45 to 80 years. All participants had low levels of testosterone as well as symptoms of underfunctioning gonads—such as decreased libido, low mood, or loss of body hair—in addition to a preexisting or high risk of cardiovascular disease.

Pulmonary embolisms occurred in 0.9% of men who received testosterone and 0.5% of men who received the placebo. In addition, more participants in the testosterone group had nonfatal arrhythmias that required intervention, atrial fibrillation, and acute kidney injury.

Writing in the New England Journal of Medicine, the authors said the findings can help inform decisions for middle-aged and older men with hypogonadism.

– Emily Harris

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Note: Source references are available through embedded hyperlinks in the article text online.