

# DHEA Patient Information

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**PLEASE NOTE: THIS MEDICATION HAS NOT BEEN EXTENSIVELY STUDIED IN THE MEDICAL LITERATURE. WARNINGS AND CAUTIONS ARE NOT WELL DOCUMENTED. IF YOU HAVE ANY QUESTIONS YOU SHOULD DISCUSS THE USE OF THIS MEDICATION WITH YOUR PHYSICIAN.**

## **This medicine is used for:**

Possibly helping to treat a number of conditions, including lupus, multiple sclerosis, and Alzheimer disease. It has also been used to help strengthen the immune system, promote weight loss, and increase strength, energy, and muscle mass. It may also be used for other conditions as determined by your doctor. The use of this medicine for these conditions has not been evaluated or approved by the Food and Drug Administration.

This medicine is a dietary supplement. It is unknown exactly how this medicine works.

## **Do NOT use this medicine if:**

- you are allergic to any ingredient in this medicine
- you have an estrogen-dependent tumor or an enlarged prostate

Contact your doctor or health care provider right away if any of these apply to you.

## **Before using this medicine:**

Some medical conditions may interact with this medicine. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:

- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have a history of heart disease, low "good" cholesterol (HDL), diabetes, liver problems, kidney problems, an enlarged prostate or prostate cancer, tumors of the breast or uterus, or a mental disorder
- if you are taking any androgen or estrogen replacement medicine
- if you are younger than 40 years of age

Some MEDICINES MAY INTERACT with this medicine.

Tell your health care provider if you are taking any other medicines, especially any of the following:

- Anticoagulants (eg, warfarin) because the risk of serious side effects, such as bleeding, may be increased
- Carbamazepine because the risk of toxic effects, such as nausea, vomiting, severe drowsiness, and trouble walking, may be increased
- Androgens (eg, testosterone), oral contraceptives (eg, birth control pills), or estrogen because side effects may be increased by this medicine

This may not be a complete list of all interactions that may occur. Ask your health care provider if this medicine may interact with other medicines that you take. Check with your health care provider before you start, stop, or change the dose of any medicine.

## **How to use this medicine:**

Use this medicine as directed by your doctor. Check the label on the medicine for exact dosing instructions.

- Take this medicine with a meal. If you miss taking a dose of this medicine for 1 or more days, there is no cause for concern.
- If your doctor recommended that you take it, try to remember your dose every day.

Ask your health care provider any questions you may have about how to use this medicine.

## **Important safety information about this medicine:**

- Patients older than 40 years of age should be screened for hormonally sensitive cancers before taking DHEA.

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- Diabetes patients - This medicine may affect your blood sugar. Check blood sugar levels closely and ask your doctor before adjusting the dose of your diabetes medicine.
- PREGNANCY and BREAST-FEEDING: Do not use DHEA if you are pregnant. If you suspect that you could be pregnant, contact your doctor immediately. It is unknown if this herb is excreted in breast milk. Do not breast-feed while taking DHEA.

**Possible side effects of this medicine:**

All medicines may cause side effects, but many people have no, or minor, side effects. Check with your doctor if any of these most COMMON side effects persist or become bothersome:

Acne; hair loss; unwanted hair growth; voice deepening.

Seek medical attention right away if any of these SEVERE side effects occur:

Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue); aggressiveness; agitation; blurred vision; dizziness; fast or irregular heartbeat; irritability; mood or behavioral changes; trouble sleeping.

This is not a complete list of all side effects that may occur. If you have questions or need medical advice about side effects, contact your doctor or health care provider. You may report side effects to the FDA at 1-800-FDA-1088 (1-800-332-1088) or at <http://www.fda.gov/medwatch>.

**If OVERDOSE is suspected:**

Contact 1-800-222-1222 (the American Association of Poison Control Centers), your local poison control center (<http://www.aapcc.org/findyour.htm>), or emergency room immediately.

**Proper storage of this medicine:**

Store this medicine at room temperature, between 59 and 86 degrees F (15 and 30 degrees C). Store away from heat, moisture, and light. Do not store in the bathroom. Keep this medicine out of the reach of children and away from pets.

**General information:**

- If you have any questions about this medicine, please talk with your doctor, pharmacist, or other health care provider.
- This medicine is to be used only by the patient for whom it is prescribed. Do not share it with other people. If your symptoms do not improve or if they become worse, check with your doctor.

This information is a summary only. It does not contain all information about this medicine. If you have questions about the medicine you are taking or would like more information, check with your doctor, pharmacist, or other health care provider.

My signature confirms that I have read and understand this document on DHEA. I understand that if I have any questions, concerns or would like more information I will ask Dr. Mariotti to provide me with more information.

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Date

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Signature of Patient

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Signature of Patient Representative or Guardian