



## Third Congress of the ICMC

May 23<sup>rd</sup>, 2022, Paris, France

### Abstract

#### **An Update on WHO TU/NET study**

**Michael Zitzmann, MD, PhD**

The WHO/CONRAD trial for hormonal male contraception using testosterone undecanoate and norethisterone enanthate (NET), being injected intramuscularly every 8 weeks, was stopped by an independent advisory board, due to side effects and adverse events that were seen as too relevant to continue.

The concept of the study is presented and recaptured during the 3<sup>rd</sup> ICMC Congress in Paris, May 23<sup>rd</sup>, 2022. It was shown that the contraceptive efficacy of the regimen was strong and reliable. Side effects such as mood swings and changes in libido as well as depression are mentioned and discussed.

WHO possesses the full data set on adverse events, hormone values and sperm counts. All hormone data were assessed in the central laboratory in Muenster, Germany using GC-MS. The specifications of that assay are presented. Data of serum concentrations of free testosterone, NET as well as dihydrotestosterone (DHT) are presented. There are marked differences between ethnic groups. Using Caucasians as reference, subjects from Latin America had higher levels of DHT and lower levels of NET, especially when compared to Asians, who had lower levels of DHT and higher levels of NET. These results were highly significant. Age as a possible confounder did not contribute to these differences between groups.

The WHO will now go a last step and examine a putative relation between fluctuations of serum levels of these hormones to side-effects.

**Prof Dr Michael Zitzmann, MD, PhD**

Centre for Reproductive Medicine and Andrology / Clinical Andrology  
University Clinics  
Domagkstrasse 11  
48149 Muenster,  
Germany