

# PRODUCT MONOGRAPH

Pr **FINASTERIDE**

Finasteride Tablets Mfr Standard

5 mg

Type II 5 alpha-reductase inhibitor

**PRO DOC LTÉE**  
2925 boul. Industriel  
Laval, Quebec  
H7L 3W9

Date of Revision:  
February 19, 2021

Control No.: 248747

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5 mg Tablets

**PART I: HEALTH PROFESSIONAL INFORMATION**

**SUMMARY PRODUCT INFORMATION**

<b>Route of Administration</b>	<b>Dosage Form / Strength</b>	<b>Clinically Relevant Nonmedicinal Ingredients</b>
Oral	Film-coated Tablets / 5 mg	Lactose monohydrate, sodium starch glycolate <i>For a complete listing see Dosage Forms, Composition and Packaging section.</i>

**INDICATIONS AND CLINICAL USE**

- FINASTERIDE (finasteride) is a Type II 5  $\alpha$ -reductase inhibitor, indicated as monotherapy for the treatment and control of benign prostatic hyperplasia (BPH) and for the prevention of urologic events to:
  - Reduce the risk of acute urinary retention;
  - Reduce the risk of surgery including transurethral resection of the prostate (TURP) and prostatectomy.
- FINASTERIDE causes regression of the enlarged prostate, improves urinary flow and improves the symptoms associated with BPH.

Limitations of Use

- FINASTERIDE is not approved for the prevention of prostate cancer.

Patients with an enlarged prostate are the appropriate candidates for therapy with FINASTERIDE.

**CONTRAINDICATIONS**

FINASTERIDE is not indicated for use in women or children.

FINASTERIDE is contraindicated in the following:

- Pregnant Women - Use in women when they are or may potentially be pregnant (see WARNINGS and PRECAUTIONS, Exposure to Finasteride - Risk to Male Fetus);
- Hypersensitivity to any component of this product.

## WARNINGS AND PRECAUTIONS

### General

Patients with large residual urine volume and/or severely diminished urinary flow should be carefully monitored for obstructive uropathy.

**FINASTERIDE is not indicated for those patients who are candidates for immediate surgery.**

**No studies have been conducted to determine if finasteride can be used for the control of prostatic hyperplasia in asymptomatic patients.**

**The long term (>10 years) beneficial and adverse effects of finasteride have not yet been established.**

**Prior to treatment with finasteride, the patient should undergo a thorough urological evaluation to determine the severity of the condition, and to exclude the need for immediate surgery or the possibility of carcinoma of the prostate. Periodic follow-up evaluations should be performed to determine whether a clinical response has occurred.**

Physicians should instruct their patients to promptly report any changes in their breasts such as lumps, pain or nipple discharge. Breast changes including breast enlargement, tenderness and neoplasm have been reported (see ADVERSE REACTIONS).

### **Effects on PSA and Prostate Cancer Detection**

In clinical studies, finasteride reduced serum PSA concentration by approximately 50% within six months of treatment. This decrease is predictable over the entire range of PSA values in patients with symptomatic BPH, although it may vary in individuals.

For interpretation of serial PSAs in men taking finasteride, a new PSA baseline should be established at least six months after starting treatment and PSA monitored periodically thereafter. Any confirmed increase from the lowest PSA value while on finasteride may signal the presence of prostate cancer and should be evaluated, even if PSA levels are still within the normal range for men not taking a 5 $\alpha$ -reductase inhibitor. Non-compliance with finasteride therapy may also affect PSA test results. To interpret an isolated PSA value in patients treated with finasteride for six months or more, PSA values should be doubled for comparison with normal ranges in untreated men. These adjustments preserve the utility of PSA to detect prostate cancer in men treated with finasteride.

Finasteride may also cause decreases in serum PSA in the presence of prostate cancer.

The ratio of free to total PSA (percent free PSA) remains constant even under the influence of finasteride. If clinicians elect to use percent free PSA as an aid in the detection of prostate cancer in men undergoing finasteride therapy, no adjustment to its value appears necessary.

### **Increased Risk of High-Grade Prostate Cancer**

Men aged 55 and over with a normal digital rectal examination and PSA  $\leq$ 3.0 ng/mL at baseline taking finasteride 5 mg/day in the 7-year Prostate Cancer Prevention Trial (PCPT) had an increased risk of Gleason score 8-10 prostate cancer (finasteride 1.8% vs placebo 1.1%). (See Indications and Clinical Use and Adverse Reactions) Similar results were observed in a 4-year placebo-controlled clinical trial with another 5 $\alpha$ -reductase inhibitor (dutasteride) (1% dutasteride

vs 0.5% placebo). 5 $\alpha$ -reductase inhibitors may increase the risk of development of high-grade prostate cancer. Whether the effect of 5 $\alpha$ -reductase inhibitors to reduce prostate volume, or study-related factors, impacted the results of these studies has not been established.

Prior to initiating therapy with finasteride, appropriate evaluation should be conducted to rule out other urological conditions, including prostate cancer that might mimic BPH.

### **Special Populations**

#### **Pregnant and Nursing Women:**

FINASTERIDE is contraindicated for use in women when they are or may potentially be pregnant (see CONTRAINDICATIONS). Because of the ability of Type II 5 alpha-reductase inhibitors such as finasteride to inhibit conversion of testosterone to dihydrotestosterone, finasteride may cause abnormalities of the external genitalia of a male fetus when administered to a pregnant woman. It is not known whether finasteride is excreted in human milk. In female rats, low doses of finasteride administered during pregnancy have produced abnormalities of the external genitalia in male offspring. Therefore, if this drug is used during pregnancy or if pregnancy occurs while taking or exposed to this drug, the pregnant woman should be apprised of the potential hazard to the male fetus (see TOXICOLOGY – Developmental Studies).

#### **Exposure to Finasteride – Risk to Male Fetus:**

Women should not handle crushed or broken tablets of FINASTERIDE when they are or may potentially be pregnant because of the possibility of absorption of finasteride and the subsequent potential risk to a male fetus (see WARNINGS AND PRECAUTIONS, Pregnant and Nursing Women). FINASTERIDE tablets are coated and will prevent contact with the active ingredient during normal handling, provided that the tablets have not been broken or crushed.

#### **Pediatrics:**

FINASTERIDE is not indicated for use in children. Safety and effectiveness in children have not been established.

### **Monitoring and Laboratory Tests**

#### **Effect on Levels of PSA**

Serum PSA concentration is correlated with patient age and prostatic volume, and prostatic volume is correlated with patient age. When PSA laboratory determinations are evaluated, consideration should be given to the fact that PSA levels decrease in patients treated with finasteride.

### **ADVERSE REACTIONS**

#### **Adverse Drug Reaction Overview**

Finasteride is well tolerated.

#### **Clinical Trial Adverse Drug Reactions**

In PLESS, 1524 patients treated with finasteride 5 mg daily and 1516 patients treated with placebo were evaluated for safety over a period of 4 years. 4.9% (74 patients) were discontinued from treatment due to side effects associated with finasteride compared with 3.3% (50 patients)

treated with placebo. 3.7% (57 patients) treated with finasteride and 2.1% (32 patients) treated with placebo discontinued therapy as a result of side effects related to sexual function, which were the most frequently reported side effects.

Table 1 presents the only clinical adverse reactions considered possibly, probably or definitely drug related by the investigator, for which the incidence on finasteride was  $\geq 1\%$  and greater than placebo over the 4 years of the study. In years 2-4 of the study, there was no significant difference between treatment groups in the incidences of impotence, decreased libido, and ejaculation disorder.

**Table 1 Drug-Related Adverse Experiences**

	<b>Treatment</b>	<b>Year 1 (%)</b>	<b>Years 2, 3 and 4* (%)</b>
Impotence	Placebo	3.7	5.1
	Finasteride	8.1	5.1
Decreased Libido	Placebo	3.4	2.6
	Finasteride	6.4	2.6
Decreased Volume of Ejaculate	Placebo	0.8	0.5
	Finasteride	3.7	1.5
Ejaculation Disorder	Placebo	0.1	0.1
	Finasteride	0.8	0.2
Breast Enlargement	Placebo	0.1	1.1
	Finasteride	0.5	1.8
Breast Tenderness	Placebo	0.1	0.3
	Finasteride	0.4	0.7
Rash	Placebo	0.2	0.1
	Finasteride	0.5	0.5

\* Combined years 2-4

The adverse experience profile in the one-year, placebo-controlled, Phase III studies and the five-year extensions, including 853 patients treated for 5 to 6 years, was similar to that reported in years 2-4 in PLESS. There is no evidence of increased adverse experiences with increased duration of treatment with finasteride. The incidence of new drug related sexual adverse experiences decreased with duration of treatment.

### **Medical Therapy of Prostatic Symptoms (MTOPS)**

The MTOPS study compared finasteride 5 mg/day (n=768), doxazosin 4 or 8 mg/day (n=756), and placebo (n=737) (see Table 2).

Three patients on finasteride in MTOPS, reported the adverse experience breast cancer. During the four year, placebo-controlled PLESS study, which enrolled 3040 men, there were 2 cases of breast cancer in the placebo treated men, but no cases were reported in men treated with finasteride. The relationship between the long-term use of finasteride and male breast cancer is currently unknown.

**Table 2 Incidence  $\geq$  2% in One or More Treatment Groups  
Drug-Related Clinical Adverse Experiences in MTOPS**

<b>Adverse Experience</b>	<b>Placebo (N=737) (%)</b>	<b>Doxazosin 4 mg or 8 mg* (N=756) (%)</b>	<b>Finasteride (N=768) (%)</b>
Body as a whole			
Asthenia	7.1	15.7	5.3
Headache	2.3	4.1	2.0
Cardiovascular			
Hypotension	0.7	3.4	1.2
Postural Hypotension	8.0	16.7	9.1
Metabolic and Nutritional			
Peripheral Edema	0.9	2.6	1.3
Nervous			
Dizziness	8.1	17.7	7.4
Libido Decreased	5.7	7.0	10.0
Somnolence	1.5	3.7	1.7
Respiratory			
Dyspnea	0.7	2.1	0.7
Rhinitis	0.5	1.3	1.0
Urogenital			
Abnormal Ejaculation	2.3	4.5	7.2
Gynecomastia	0.7	1.1	2.2
Impotence	12.2	14.4	18.5
Sexual Function Abnormal	0.9	2.0	2.5

\*Doxazosin dose was achieved by weekly titration (1 to 2 to 4 to 8 mg). The final tolerated dose (4 mg or 8 mg) was administered at end-Week 4. Only those patients tolerating at least 4 mg were kept on doxazosin. The majority of patients received the 8-mg dose over the duration of the study.

### **Other Long Term Data**

#### **High-Grade Prostate Cancer**

The PCPT trial was a 7-year randomized, double-blind, placebo-controlled trial that enrolled 18,882 men  $\geq$ 55 years of age with a normal digital rectal examination and a PSA  $\leq$  3.0 ng/mL. Men received either finasteride 5 mg or placebo daily. Patients were evaluated annually with PSA and digital rectal exams. Biopsies were performed for elevated PSA, an abnormal digital rectal exam, or the end of study. The incidence of Gleason score 8-10 prostate cancer was higher in men treated with finasteride (1.8%) than in those treated with placebo (1.1%) [See Indications and Clinical Use and Warnings and Precautions]. In a 4-year placebo controlled clinical trial with another 5 $\alpha$ -reductase inhibitor (dutasteride), similar results for Gleason score 8-10 prostate cancer were observed (1% dutasteride vs 0.5% placebo).

No clinical benefit has been demonstrated in patients with prostate cancer treated with finasteride.

#### **Laboratory Tests**

When PSA laboratory determinations are evaluated, consideration should be given to the fact that PSA levels are decreased in patients treated with finasteride (see WARNINGS AND PRECAUTIONS, Effects on PSA and Prostate Cancer Detection).

In most patients, a rapid decrease in PSA is seen within the first months of therapy, after which time PSA levels stabilize to a new baseline. The post-treatment baseline approximates half of the pre-treatment value. Therefore, in typical patients treated with finasteride for six months or more, PSA values should be doubled for comparison to normal ranges in untreated men. For clinical interpretation, see WARNINGS AND PRECAUTIONS, Effects on PSA and Prostate Cancer Detection.

No other difference in standard laboratory parameters was observed between patients treated with placebo or finasteride.

### **Post-Market Adverse Drug Reactions**

The following additional adverse reactions have been reported in post-marketing experience: with finasteride and/or finasteride at lower doses. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate the frequency or establish a causal relationship to drug exposure.

**Immune System Disorders:** hypersensitivity reactions, such as pruritus, urticaria and angioedema (including swelling of the lips, tongue, throat and face);

**Musculoskeletal and connective tissue disorders:** Rare cases of the following have been reported: rhabdomyolysis, myopathy, myalgia, myasthenia, and CK elevation. In some cases, these events were found to be reversible with discontinuation of finasteride therapy

**Psychiatric Disorders:** mood alterations and depression, decreased libido that continued after discontinuation of treatment. Mood alterations including depressed mood and, less frequently, suicidal ideation have been reported in patients treated with finasteride 5 mg. Patients should be monitored for psychiatric symptoms and if these occur, the patient should be advised to seek medical advice.

**Reproductive system and breast disorders:** sexual dysfunction (erectile dysfunction and ejaculation disorders) that continued after discontinuation of treatment, male breast cancer, testicular pain, hematospermia, male infertility and/or poor seminal quality. Normalization or improvement of seminal quality has been reported after discontinuation of finasteride.

## **DRUG INTERACTIONS**

### **Overview**

No drug interactions of clinical importance have been identified. Finasteride at prescribed doses does not appear to affect significantly the cytochrome P450-linked drug metabolizing enzyme system. Compounds which have been tested in man have included propranolol, digoxin, glyburide, warfarin, theophylline and antipyrine and no clinically meaningful interactions were found. However, patients on medications with narrow therapeutic indices, such as phenytoin, should be carefully monitored when treatment with finasteride is initiated.

### **Drug-Drug Interactions**

Although specific interaction studies were not performed, in clinical studies finasteride was used concomitantly with ACE-inhibitors, acetaminophen, acetylsalicylic acid, alpha-blockers, beta-blockers, calcium channel blockers, cardiac nitrates, diuretics, H2 antagonists, HMG-CoA reductase inhibitors, nonsteroidal anti-inflammatory drugs (NSAIDs), quinolones and benzodiazepines without evidence of clinically significant adverse interactions.



## DOSAGE AND ADMINISTRATION

### Dosing Considerations

- Finasteride as monotherapy is indicated for the treatment and control of benign prostatic hyperplasia (BPH) and for the prevention of urologic events to:
  - Reduce the risk of acute urinary retention
  - Reduce the risk of surgery including transurethral resection of the prostate (TURP) and prostatectomy.
- Finasteride causes regression of the enlarged prostate, improves urinary flow and improves the symptoms associated with BPH.

### Recommended Dose and Dosage Adjustment

The recommended dosage of FINASTERIDE is one 5 mg tablet daily with or without food (see CLINICAL TRIALS).

### Dosage in Renal Insufficiency

No adjustment in dosage is required in patients with varying degrees of renal insufficiency (creatinine clearances as low as 0.15 mL/s [9 mL/min]) as pharmacokinetic studies did not indicate any change in the disposition of finasteride.

### Dosage in Geriatrics

No adjustment in dosage is required although pharmacokinetic studies indicated the elimination of finasteride is decreased in patients more than 70 years of age (see DETAILED PHARMACOLOGY, Pharmacokinetics).

### Missed Dose

If a tablet is missed at its usual time, an extra dose should not be taken. The next dose should be taken as usual.

### **OVERDOSAGE**

Patients have received single doses of finasteride up to 400 mg and multiple doses of finasteride up to 80 mg/day for three months without adverse effects.

For management of a suspected drug overdose, contact your regional Poison Control Centre.
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## **ACTION AND CLINICAL PHARMACOLOGY**

### **Mechanism of Action**

Finasteride a synthetic 4-azasteroid compound, is an inhibitor of Type II 5 alpha-reductase, an intracellular enzyme which metabolizes testosterone into the more potent androgen dihydrotestosterone (DHT). In benign prostatic hyperplasia (BPH), enlargement of the prostate gland is dependent upon the conversion of testosterone to DHT within the prostate. Finasteride is highly effective in reducing circulating and intraprostatic DHT. Finasteride has very low affinity for the androgen receptor.

In the Finasteride Long-Term Efficacy and Safety Study (PLESS), the effect of therapy with finasteride on BPH-related urologic events (surgical intervention [e.g., transurethral resection of the prostate and prostatectomy] or acute urinary retention requiring catheterization) was assessed over a 4-year period in 3016 patients with moderate to severe symptoms of BPH. In this double-blind, randomized, placebo-controlled multicenter study, treatment with finasteride reduced the risk of total urologic events by 51% and was also associated with a marked and sustained regression in prostate volume, and a sustained increase in maximum urinary flow rate and improvement in symptoms.

### **Pharmacokinetics**

In a study in 15 healthy male subjects, the mean bioavailability of a 5 mg finasteride tablet was 63% (range, 34-108%), based on the ratio of the area under the curve (AUC) relative to a 5 mg intravenous dose infused over 60 minutes. Maximum finasteride plasma concentration averaged 37 ng/mL (range, 27-49 ng/mL) and was reached 1 to 2 hours postdose. The mean plasma half-life of elimination was 6 hours (range, 3-16 hours). Following the intravenous infusion, mean plasma clearance was 2.75 mL/s (range, 1.17 - 4.65 mL/s) (165 mL/min, range, 70-279 mL/min) and mean steady-state volume of distribution was 76 liters (range, 44-96 liters). In a separate study, the bioavailability of finasteride was not affected by food.

Approximately 90% of circulating finasteride is bound to plasma proteins. Finasteride has been found to cross the blood-brain barrier.

Additional Pharmacokinetic/Pharmacodynamic data are provided under DETAILED PHARMACOLOGY, Human Pharmacology.

### **Special Populations and Conditions**

**Geriatrics:** No dosage adjustment is necessary for the elderly or patients with renal insufficiency.

### **STORAGE AND STABILITY**

Store at temperature between 15°C - 30°C and protect from light.

### **SPECIAL HANDLING INSTRUCTIONS**

Women should not handle crushed or broken tablets of FINASTERIDE when they are or may potentially be pregnant (see WARNINGS AND PRECAUTIONS, Special Populations, Exposure to Finasteride - Risk to Male Fetus).

## **DOSAGE FORMS, COMPOSITION AND PACKAGING**

Each film-coated tablet contains 5 mg of finasteride and the following non-medicinal ingredients: lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, pregelatinized starch, sodium lauryl sulfate, sodium starch glycolate and Opadry Blue coating (hypromellose, polyethylene glycol, titanium dioxide, FD&C Blue #2 Indigo Carmine Aluminum Lake 11%-14%).

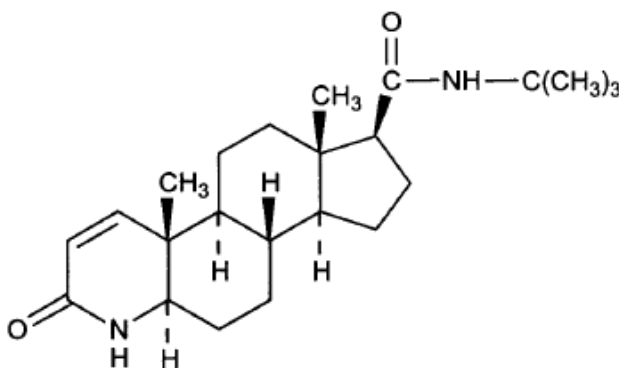
FINASTERIDE 5 mg tablets are blue, round biconvex film-coated tablets, engraved with **FT5** on one side and plain on the other. Available in blister packages of 30 tablets and bottle of 30 and 100 tablets.

## PART II: SCIENTIFIC INFORMATION

### PHARMACEUTICAL INFORMATION

#### Drug Substance

Proper name:	Finasteride
Chemical name:	N-(1, 1-Dimethylethyl)-3-oxo-4-aza-5 $\alpha$ -androst-1-ene-17 $\beta$ -carboxamide.
Molecular formula:	C <sub>23</sub> H <sub>36</sub> N <sub>2</sub> O <sub>2</sub>
Molecular mass:	372.54
Structural formula:	



Physicochemical properties:

Description: Finasteride is white or almost white, crystalline powder with a melting point of approximately 257°C. Finasteride is practically insoluble in water, freely soluble in ethanol and in methylene chloride.

## CLINICAL TRIALS

### Comparative Bioavailability Studies

A single-dose, randomized, two-period, two-treatment, two-sequence crossover bioavailability study of Finasteride 5 mg tablets (Pro Doc Ltée) and Proscar® 5 mg tablets (Merck Frosst Canada Ltd., Canada) in twenty-nine (29) healthy, adult male subjects under fasting conditions.

Finasteride (1 x 5 mg) From measured data <b>uncorrected for potency</b> Geometric Mean Arithmetic Mean (CV %)				
Parameter	Test*	Reference†	% Ratio of Geometric Means	Confidence Interval, 90%
AUC <sub>T</sub> (ng*h/mL)	262.659 282.386 (35)	248.309 262.542 (32)	105.78	100.83 - 110.97
AUC <sub>I</sub> (ng*h/mL)	283.574 314.042 (47)	267.800 289.561 (41)	105.89	100.70 - 111.34
C <sub>max</sub> (ng/mL)	36.204 37.914 (24)	36.899 37.745 (19)	98.12	94.46 - 101.91
T <sub>max</sub> § (h)	2.07 (37)	1.69 (42)		
T <sub>1/2</sub> § (h)	6.18 (40)	6.06 (37)		

\* FINASTERIDE 5 mg Tablets (manufactured for Pro Doc Ltée)

† Proscar® 5 mg Tablets (Merck Frosst Canada Ltd.), purchased in Canada

§ Expressed as the arithmetic mean (CV%) only

## CLINICAL TRIALS

The data from the studies described below, showing reduced risk of acute urinary retention and surgery, improvement in BPH-related symptoms, increased maximum urinary flow rates, and decreasing prostate volume, suggest that finasteride reverses the progression of BPH in men with an enlarged prostate.

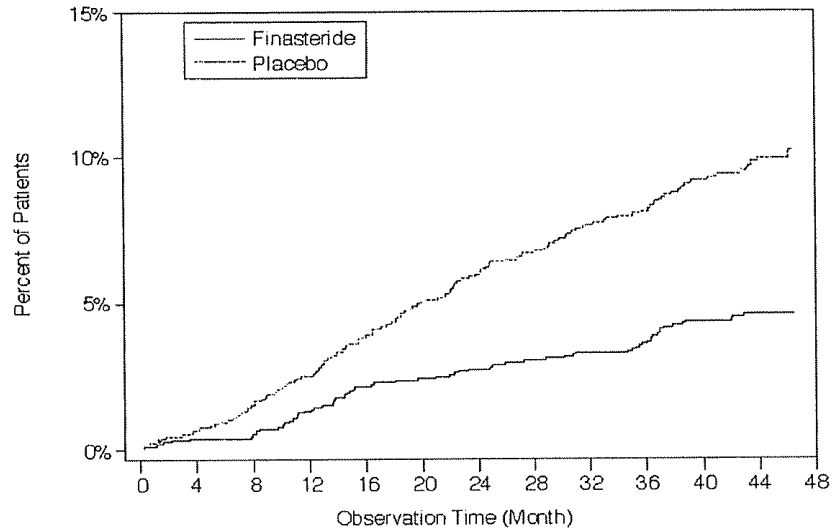
Finasteride 5 mg/day was initially evaluated in patients with symptoms of BPH and enlarged prostates by digital rectal examination in two 1-year, placebo-controlled, randomized, double-blind, Phase III studies and their 5-year open extensions. Of 536 patients originally randomized to receive finasteride 5 mg/day, 234 completed an additional 5 years of therapy and were available for analysis. The efficacy parameters were symptom score, maximum urinary flow rate, and prostate volume.

Finasteride was further evaluated in the finasteride Long-Term Efficacy and Safety Study (PLESS), a double-blind, randomized, placebo-controlled, 4-year multicenter study. In this study, the effect of therapy with finasteride 5 mg/day on symptoms of BPH and BPH-related urologic events (surgical intervention [e.g., transurethral resection of the prostate and prostatectomy] or acute urinary retention requiring catheterization) was assessed. 3040 patients between the ages of 45 and 78, with moderate to severe symptoms of BPH and an enlarged prostate upon digital rectal examination, were randomized into the study (1524 to finasteride, 1516 to placebo) and 3016 patients were evaluable for efficacy. 1883 patients completed the 4-year study (1000 in the finasteride group, 883 in the placebo group). Maximum urinary flow rate and prostate volume were also evaluated (see below for discussion of efficacy). Investigators collected adverse experience information reported by patients during each visit to the clinic and were asked to assess drug relationship. The drug-related adverse experiences seen in PLESS were consistent with those seen in previous studies and are presented in the ADVERSE REACTIONS section. Although the clinical significance is unclear, a higher incidence of cataracts (4.2%, finasteride vs. 2.5%, placebo) and diabetes (2.8%, finasteride vs. 1.7%, placebo) was observed in patients receiving finasteride. None of these cases were considered drug related by the investigator.

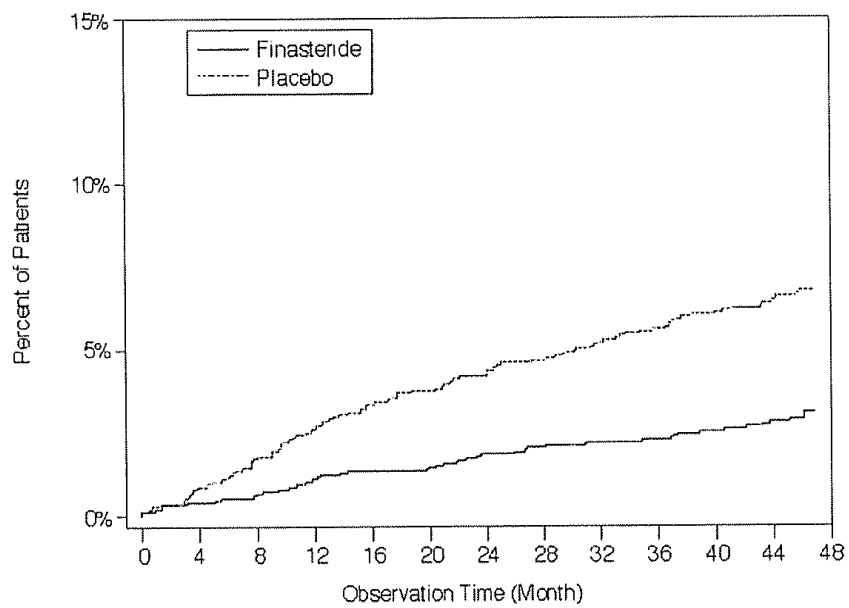
### **Effect on Acute Urinary Retention and the Need for Surgery**

In the 4-year PLESS study, surgery or acute urinary retention requiring catheterization occurred in 13.2% of the patients taking placebo compared with 6.6% of the patients taking finasteride, representing a 51% reduction in risk for surgery or acute urinary retention over 4 years. Finasteride reduced the risk of surgery by 55% (10.1% for placebo vs. 4.6% for finasteride) and reduced the risk of acute urinary retention by 57% (6.6% for placebo vs. 2.8% for finasteride). The reduction in risk was evident between treatment groups at first evaluation (4 months) and was maintained throughout the 4-year study (see Figures 1 and 2). Table 3 below shows the rates of occurrence and risk reduction of urologic events during the study.

**Figure 1 Percent of Patients Having Surgery for BPH, Including TURP**



**Figure 2 Percent of Patients Developing Acute Urinary Retention (Spontaneous and Precipitated)**



**Table 3 Rates of Urologic Events and Risk Reduction by Finasteride over 4 Years**

Urologic Events	Percent of Patients		Risk Reduction
	Placebo (n = 1503)	Finasteride 5 mg (n = 1513)	
Surgery or Acute Urinary Retention	13.2%	6.6%	51%*
Surgery† TURP	10.1% 8.3%	4.6% 4.2%	55%* 49%*
Acute Urinary Retention	6.6%	2.8%	57%*

† BPH-related surgery

\* p<0.001

### Effect on Symptom Score

In the two 1-year, Phase III studies, mean total symptom scores decreased from baseline as early as week 2. Compared with placebo, a significant improvement in symptoms was observed by months 7 and 10 in these studies. Although an early improvement in urinary symptoms was seen in some patients, a therapeutic trial of at least 6 months was generally necessary to assess whether a beneficial response in symptom relief had been achieved. The improvement in BPH symptoms was maintained through the first year and throughout an additional 5 years of extension studies.

Patients in the 4-year PLESS study had moderate to severe symptoms at baseline (mean of approximately 15 points on a 0-34 point scale). In the patients who remained on therapy for the duration of the 4-year study, finasteride improved the symptom score by 3.3 points compared with 1.3 points in the placebo group (p<0.001). An improvement in symptom score was evident at 1 year in patients treated with finasteride, and this improvement continued through year 4. Symptom scores improved in patients treated with placebo in the first year but worsened thereafter. Patients with moderate to severe symptoms at baseline tended to have the greatest improvement in symptom score.

### Effect on Maximum Urinary Flow Rate

In the two 1-year, Phase III studies, maximum urinary flow rate was significantly increased compared with baseline by week 2. Compared with placebo, a significant increase in maximum urinary flow rate was observed by months 4 and 7 in these studies. This effect was maintained through the first year and throughout an additional 5 years of extension studies.

In the 4-year PLESS study, there was a clear separation between treatment groups in maximum urinary flow rate in favor of finasteride by month 4, which was maintained throughout the study. Mean maximum urinary flow rate at baseline was approximately 11 mL/sec in both treatment groups. In the patients who remained on therapy for the duration of the study and had evaluable urinary flow data, finasteride increased maximum urinary flow rate by 1.9 mL/sec compared with 0.2 mL/sec in the placebo group.

### Effect on Prostate Volume

In the two 1-year, Phase III studies, mean prostate volume at baseline ranged between 40-50 cc. In both studies, prostate volume was significantly reduced compared with baseline and placebo at first evaluation (3 months). This effect was maintained through the first year and throughout an additional 5 years of extension studies.



In the 4-year PLESS study, prostate volume was assessed yearly by magnetic resonance imaging (MRI) in a subset of patients (n=284). In patients treated with finasteride, prostate volume was reduced compared with both baseline and placebo throughout the 4-year study. Of the patients in the MRI subset who remained on therapy for the duration of the study, finasteride decreased prostate volume by 17.9% (from 55.9 cc at baseline to 45.8 cc at 4 years) compared with an increase of 14.1% (from 51.3 cc to 58.5 cc) in the placebo group (p<0.001).

### **Prostate Volume as a Predictor of Therapeutic Response**

A meta-analysis combining 1-year data from seven double-blind, placebo-controlled studies of similar design, including 4491 patients with symptomatic BPH, demonstrated that, in patients treated with finasteride, the magnitude of symptom response and degree of improvement in maximum urinary flow rate were greater in patients with an enlarged prostate (approximately 40 cc and greater) at baseline.

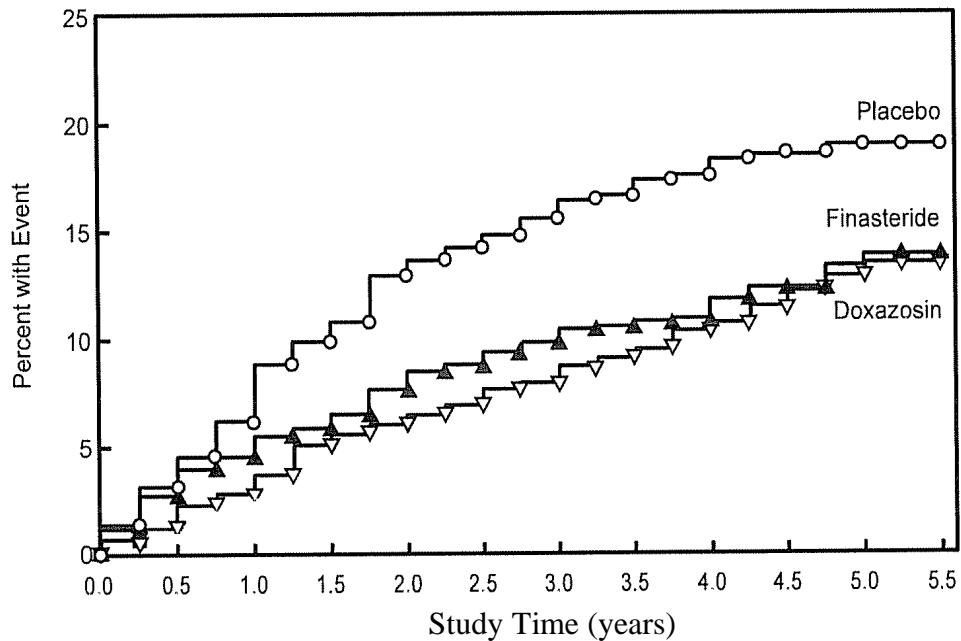
### **Medical Therapy of Prostatic Symptoms**

The Medical Therapy of Prostatic Symptoms (MTOPS) Trial was a double-blind, randomized, placebo-controlled, multicenter, 4- to 6- year study (average 5 years) in 3047 men with symptomatic BPH, who were randomized to receive finasteride 5 mg/day (n=768), doxazosin 4 or 8 mg/day (n=756), or placebo (n=737).

The mean patient age at randomization was 62.6 years ( $\pm 7.3$  years). The mean duration of BPH symptoms was 4.7 years ( $\pm 4.6$  years). Patients had moderate to severe BPH symptoms at baseline with a mean AUA symptom score of approximately 17 out of 35 points.

The primary endpoint was time from randomization to clinical progression of BPH, defined as the first occurrence of any of the following events: a  $\geq 4$  point confirmed increase from baseline in symptom score, acute urinary retention, BPH-related renal insufficiency (creatinine rise), recurrent urinary tract infections or urosepsis, or incontinence. Compared to placebo, treatment with finasteride or doxazosin resulted in a significant reduction in the risk of clinical progression of BPH by 34% and 39% respectively. The majority of the events (274 out of 351) that constituted BPH progression were confirmed  $\geq 4$  point increases in symptom score; the risk of symptom score progression was reduced by 30% and 46% in the finasteride and doxazosin respectively, compared to placebo (9.6% for finasteride, 7.8% for doxazosin, and 13.6% for the placebo). Treatment with finasteride or doxazosin reduced the mean symptom score from the baseline at year 4 (see Table 4).

**Figure 3 Cumulative Incidence of Clinical Progression of BPH by Treatment Group**



**Table 4 Change From Baseline in AUA Symptom Score by Treatment Group at Year 4 in MTOPS**

	<b>Placebo N=534</b>	<b>Doxazosin N=582</b>	<b>Finasteride N=565</b>
Baseline Mean (SD)	16.8 (6.0)	17.0 (5.9)	17.1 (6.0)
Mean Change AUA Symptom Score (SD)	-4.9 (5.8)	-6.6 (6.1)	-5.6 (5.9)
Comparison to Placebo (95% CI)		-1.8 (-2.5, -1.1)	-0.7 (-1.4, 0.0)
Comparison to Doxazosin alone (95% CI)			
Comparison to Finasteride alone (95% CI)			

In MTOPS, the risk of developing acute urinary retention was reduced by 67% in the finasteride compared to the placebo group (0.8% for finasteride and 2.4% for placebo). Also, the risk of requiring BPH-related invasive therapy was reduced by 64% in the finasteride group, compared to the placebo group (2% for finasteride and 5.4% for placebo).

The results of MTOPS confirm the findings of the 4-year placebo-controlled study PLESS that treatment with finasteride reduces the risk of acute urinary retention and the need for BPH-related surgery.

### **Additional Clinical Trials**

Urodynamic effects of finasteride in the treatment of bladder outlet obstruction due to BPH were assessed by invasive techniques in a 24-week, double-blind, placebo-controlled study of 36 patients with moderate to severe symptoms of urinary obstruction and a maximum flow rate of less than 15 mL/s. Relief of obstruction, as evidenced by significant improvement in detrusor pressure and increased mean flow rate, was demonstrated in patients treated with 5 mg finasteride compared to placebo.

The effect of finasteride on the volume of the peripheral and periurethral zones of the prostate in 20 men with BPH was evaluated by MRI in a one-year, double-blind, placebo-controlled study.

Patients treated with finasteride, but not those treated with placebo, experienced a significant decrease [ $11.5 \pm 3.2$  mL (SE)] in total gland size, largely accounted for by a reduction [ $6.2 \pm 3$  mL] in the size of the periurethral zone. Since the periurethral zone is responsible for outflow obstruction, this reduction may account for the beneficial clinical response observed in these patients.

Information from a recently completed 7-year placebo-controlled trial that enrolled 18,882 men  $\geq 55$  years of age, with a normal digital rectal examination and a PSA of  $\leq 3.0$  ng/mL, may be relevant for men currently being treated with finasteride for BPH (see ADVERSE REACTIONS, Other Long Term Data).

## **DETAILED PHARMACOLOGY**

### **Human Pharmacology**

Benign prostatic hyperplasia (BPH) occurs in the majority of men over the age of 50 and its prevalence increases with age. Epidemiologic studies suggest that enlargement of the prostate gland is associated with a 3-fold increase in the risk of acute urinary retention and prostate surgery. Men with enlarged prostates are also 3 times more likely to have moderate to severe urinary symptoms or a decrease in urinary flow than men with smaller prostates.

The development and enlargement of the prostate gland and subsequent BPH are dependent upon the potent androgen, dihydrotestosterone (DHT). Testosterone, secreted by the testes and adrenal glands, is rapidly converted to DHT by Type II 5 alpha-reductase predominantly in the prostate gland, epididymis, liver, and skin where it is then preferentially bound to the cell nucleus in those tissues.

Finasteride is a competitive inhibitor of human Type II 5 alpha-reductase with which it slowly forms a stable enzyme complex. Turnover from this complex is extremely slow ( $t_{1/2} \sim 30$  days). *In vitro* and *in vivo*, finasteride has been demonstrated to be a specific Type II 5 alpha-reductase inhibitor, and has very low affinity for the androgen receptor.

A single 5 mg dose of finasteride produced a rapid reduction in the serum concentration of DHT, with the maximum effect observed after 8 hours. While plasma levels of finasteride varied over 24 hours, serum DHT levels remained constant during this period indicating that plasma concentrations of drug do not directly correlate with the plasma concentrations of DHT.

In patients with BPH, finasteride, given for four years at a dose of 5 mg/day was shown to reduce circulating DHT concentrations by approximately 70% and was associated with a median reduction in prostate volume of approximately 20%. Additionally, PSA was reduced approximately 50% from baseline values, suggesting a reduction in prostate epithelial cell growth. Suppression of DHT levels and regression of the hyperplastic prostate with the associated decrease in PSA levels have been maintained in studies of up to four years. In these studies, circulating levels of testosterone were increased by approximately 10-20% yet remained within the physiologic range.

When finasteride was given for 7-10 days to patients scheduled for prostatectomy, the drug caused a decrease in intraprostatic DHT of approximately 80%. Intraprostatic concentrations of testosterone were increased up to 10 times over pre-treatment levels.

In healthy volunteers treated with finasteride for 14 days, discontinuation of therapy resulted in a return of DHT values to pretreatment levels within approximately 2 weeks. In patients treated for three months, prostate volume, which declined by approximately 20% returned to close to baseline value after approximately three months of discontinuation of therapy.

Finasteride had no effect compared to placebo on circulating levels of cortisol, estradiol, prolactin, thyroid-stimulating hormone, or thyroxine. No clinically meaningful effect was observed on the plasma lipid profile (i.e. total cholesterol, low density lipoproteins, high density lipoproteins and triglycerides) or bone mineral density. An increase of approximately 15% in luteinizing hormone (LH) and 9% in follicle-stimulating hormone (FSH) was observed in patients treated for 12 months; however, these levels remained well within the physiologic range. Gonadotropin-releasing hormone (GnRH) stimulated levels of LH and FSH were not altered, indicating that regulatory control of pituitary-testicular axis was not affected. Treatment with finasteride for 24 weeks to evaluate semen parameters in healthy male volunteers revealed no clinically meaningful effects on sperm concentration motility, morphology or pH. A 0.6 mL median decrease in ejaculate volume with a concomitant reduction in total sperm per ejaculate was observed. These parameters remained within the normal range and were reversible upon discontinuation of therapy.

Finasteride appeared to inhibit both C19 and C21 steroid metabolism and hence appeared to have an inhibitory effect on both hepatic and peripheral Type II 5 alpha-reductase activity. The serum DHT metabolites androstenediol glucuronide and androsterone glucuronide were also significantly reduced. This metabolic pattern is similar to that observed in individuals with a genetic deficiency of Type II 5 alpha-reductase who have markedly decreased levels of DHT and small prostates, and who do not develop BPH. These individuals have urogenital defects at birth and biochemical abnormalities but have no other clinically important disorders as a consequence of Type II 5 $\alpha$ -reductase deficiency.

### **Pharmacokinetics**

Following an oral dose of <sup>14</sup>C-finasteride in man, a mean of 39% (range, 32-46%) of the dose was excreted in the urine in the form of metabolites; and 57% (range, 51-64%) was excreted in the feces. The major compound isolated from urine was the monocarboxylic acid metabolite; virtually no unchanged drug was recovered. The t-butyl side chain monohydroxylated metabolite has been isolated from plasma. These metabolites possess no more than 20% of the 5 alpha-reductase inhibitory activity of finasteride.

There is a slow accumulation phase for finasteride after multiple dosing. After dosing with 5 mg/day of finasteride for 17 days, plasma concentrations of finasteride were 47% and 54% higher than after the first dose in men 45-60 years old (n=12) and  $\geq 70$  years old (n=12), respectively. Mean trough concentrations after 17 days of dosing were 6.2 ng/mL (range, 2.4-9.8 ng/mL) and 8.1 ng/mL (range, 1.8-19.7 ng/mL), respectively in the two age groups. Although steady state was not reached in this study, mean trough plasma concentration in another study in patients with BPH (mean age, 65 years) receiving 5 mg/day was 9.4 ng/mL (range, 7.1-13.3 ng/mL; n=22) after over a year of dosing.

The elimination rate of finasteride is decreased in the elderly, but no dosage adjustment is necessary. The mean terminal half-life of finasteride in subjects  $\geq 70$  years of age was approximately 8 hours (range, 6-15 hours) compared to 6 hours (range, 4-12 hours) in subjects 45-60 years of age. As a result, mean area under the curve [AUC] (0-24 hr) after 17 days of dosing was 15% higher in subjects  $\geq 70$  years of age ( $p = 0.02$ ).

No dosage adjustment is necessary in patients with renal insufficiency. In patients with chronic renal impairment, with creatinine clearances ranging from 0.15 to 0.92 mL/s (9.0 to 55 mL/min), AUC, maximum plasma concentration, half-life, and protein binding after a single dose of  $^{14}\text{C}$ -finasteride were similar to values obtained in healthy volunteers. Urinary excretion of metabolites was decreased in patients with renal impairment. This decrease was associated with an increase in fecal excretion of metabolites. Plasma concentrations of metabolites were significantly higher in patients with renal impairment (based on a 60% increase in total radioactivity AUC). However, finasteride has been well tolerated in BPH patients with normal renal function receiving up to 80 mg/day for 12 weeks where exposure of these patients to metabolites would presumably be much greater.

In two studies of healthy subjects (n=69) receiving finasteride 5 mg/day for 6-24 weeks, finasteride concentrations in semen ranged from undetectable ( $<0.1$  ng/mL) to 10.54 ng/mL. In an earlier study using a less sensitive assay, finasteride concentrations in the semen of 16 subjects receiving finasteride 5 mg/day ranged from undetectable ( $<1.0$  ng/mL) to 21 ng/mL. Thus, based on a 5 mL ejaculate volume, the amount of finasteride in ejaculate was estimated 50- to 100-fold less than the dose of finasteride (5 micrograms) that had no effect on circulating DHT levels in adult males (see TOXICOLOGY, Developmental Studies).

Finasteride has been recovered in the cerebrospinal fluid (CSF) of patients treated with a 7-10 day course of finasteride, but the drug does not appear to concentrate preferentially to the CSF.

### **Animal Pharmacology**

The ability of finasteride to inhibit 5 alpha-reductase and block the formation of DHT *in vivo* was demonstrated using intact male rats and dogs. Studies were designed to demonstrate a decrease in prostatic levels of DHT or shrinkage in prostate size. Four hours after receiving a subcutaneous injection of 0.1 mg finasteride, rats showed a decrease in the concentration of DHT in the prostate. In dogs, treatment with finasteride 1 mg/kg given orally in four divided doses over an 18 hour period showed a reduction in the prostatic DHT concentration 6 hours after the final dose. These studies demonstrated that finasteride is active *in vivo* in blocking the formation of DHT.

The decreased levels of DHT also resulted in a decrease in prostate size. Prostate shrinkage was seen in intact mature dogs which received 1 mg/kg/day of finasteride by mouth for six weeks. A comparison of pre- and post-treatment prostate volumes showed that finasteride induced over 40% reduction in prostate size. A similar effect was noted in immature castrated male rats treated with testosterone. Finasteride, at oral doses of 0.1 mg/day, significantly inhibited the growth effect of exogenous testosterone on the accessory sex glands. This response is due to the specific inhibition of 5 alpha-reductase as 2.5 mg/day of finasteride failed to block the ability of exogenous DHT to stimulate growth of the seminal vesicles and ventral prostate in treated animals.

Finasteride has no direct anti-androgen activity as shown by its lack of affinity for the androgen receptor in rat prostate cytosol. Concentrations of finasteride as high as  $10^{-4}$ M did not prevent the binding of  $^3$ H-DHT whereas unlabelled DHT inhibited the binding with an  $IC_{50}$  of 2.9 nM.

Standard assays conducted in rats, mice and rabbits demonstrated that finasteride does not inhibit gonadotropin secretion or exhibit any antiestrogenic, uterotrophic, antiprogestational, androgenic or progestational activity. These data are consistent with finasteride's acting as a specific 5 alpha-reductase inhibitor with no other hormonal effects.

In a hepatotoxicity test, 40 mg/kg/day of finasteride was given orally to dogs for 28 days. Venous blood was analyzed for ALT (SGPT) and AST (SGOT). Neither transaminase was increased, illustrating that finasteride did not cause liver damage.

Ancillary pharmacology studies to assess effects on organ systems and biological parameters were conducted with finasteride. No important changes were seen in renal, gastric and respiratory functions in dogs, nor in the cardiovascular system of dogs and rats.

## TOXICOLOGY

### Acute Toxicity

Species	Sex	Finasteride Route	LD <sub>50</sub> mg/kg
Mouse	Male	Oral	596
	Female	Oral	486
	Male	Intraperitoneal	391
	Female	Intraperitoneal	372
Rat	Male	Oral	967
	Female	Oral	418
	Male	Intraperitoneal	1027
	Female	Intraperitoneal	885
	Male	Subcutaneous	>2000
	Female	Subcutaneous	>2000
Dog	Male	Oral	>1000

### Subacute and Chronic Toxicity Studies

The nature of the treatment-related changes in laboratory animals treated with finasteride are shown in Table 5.

**Table 5 Finasteride - Target Organs Observed in Animal Studies**

Treatment-Related Changes	Species	No Effect Dose (mg/kg/day)
Epididymal vacuolation (head)	Rat	0.1
Testes - Leydig cell hyperplasia	Rat	20
	Mouse	2.5
- Leydig cell adenoma	Mouse	25
Liver - increased weight	Mouse	2.5
	Rat	5
	Dog	15
Thyroid - increased weight	Rat	5
Increased serum alkaline phosphatase	Dog	5

For most of the treatment-related changes seen in laboratory animals, a clear no-effect dose has been defined. Furthermore, most of the observed treatment-related effects can be categorized under three broad headings based on the current understanding of the drug-induced changes (Table 6).

**Table 6 Treatment-Related Changes Seen in Laboratory Animals**

Treatment – Related Changes	Species
<b>Resulting from inhibition of 5 alpha-reductase</b> Decreased accessory sex glands weight Epididymis (head), vacuolation Developmental effects in male fetuses Decreased fertility in males	Rats, mice, Dogs Rats Rats Rats
<b>Resulting from altered endocrine balance</b> Leydig cell hyperplasia Leydig cell adenoma	Rats, mice Mice
<b>Resulting from induction of drug metabolizing enzymes</b> Increased liver weight Increased thyroid weight	Rats, mice, Dogs Rats

**Carcinogenesis and Mutagenesis**

No evidence of a tumorigenic effect was observed in a 24-month study in rats receiving doses of finasteride of up to 320 mg/kg/day (3200 times the recommended human dose of 5 mg/day).

In a 19-month carcinogenicity study in mice, a statistically significant ( $p \leq 0.05$ ) increase in the incidence of testicular Leydig cell adenoma was observed at a dose of 250 mg/kg/day (2500 times the recommended human dose of 5 mg/day); no adenomas were seen in mice given 2.5 or 25 mg/kg/day (25 and 250 times the recommended human dose of 5 mg/day, respectively) (Table 6).

In mice, at a dose of 25 mg/kg/day, and in rats, at a dose of  $\geq 40$  mg/kg/day (250 and  $\geq 400$  times the recommended human dose of 5 mg/day, respectively), an increase in the incidence of Leydig cell hyperplasia was observed. A positive correlation between the proliferative changes of the Leydig cells and the increase in serum luteinizing hormone (LH) levels (2-3 fold above control) has been demonstrated in both rodent species treated with high doses of finasteride (Table 5).

No drug-related Leydig cell changes were seen in either rats or dogs treated with finasteride for one year, at doses of 20 mg/kg/day and 45 mg/kg/day (200 and 450 times the recommended human dose of 5 mg/day, respectively), or in mice treated for 19 months, at a dose of 2.5 mg/kg/day (25 times the recommended human dose of 5 mg/day) (Table 5).

No evidence of mutagenicity was observed in an *in vitro* bacterial mutagenesis assay, a mammalian cell mutagenesis assay, or in an *in vitro* alkaline elution assay. In an *in vitro* chromosome aberration assay, when Chinese hamster ovary cells were treated with high concentrations (450-550  $\mu\text{mol/L}$ ) of finasteride, there was a slight increase in chromosome aberrations. These concentrations correspond to 4000-5000 times the peak plasma levels in man given a total dose of 5 mg. Furthermore, the concentrations (450-550  $\mu\text{mol/L}$ ) used in the *in vitro* studies are not achievable in a biological system. In an *in vivo* chromosome aberration assay in mice, no treatment-related increases in chromosome aberration were observed with finasteride at the maximum tolerated dose (250 mg/kg/day; 2500 times the recommended human dose of 5 mg/day).



## **Reproductive Studies**

In sexually mature male rabbits treated with finasteride at 80 mg/kg/day (800 times the recommended human dose of 5 mg/day) for up to 12 weeks, no effect on fertility, sperm count or ejaculate volume was seen.

In sexually mature male rats treated with the same dose of finasteride, there were no significant effects on fertility after 6 or 12 weeks of treatment; however, when treatment was continued for up to 24 or 30 weeks, there was an apparent decrease in fertility and fecundity, and an associated significant decrease in the weights of the seminal vesicles and prostate. All these effects were reversible within 6 weeks of discontinuation of treatment.

The decrease in fertility in rats treated with finasteride is due, at least in large part, to its effect on accessory sex organs (prostate and seminal vesicles) with failure to form a seminal plug. The seminal plug is essential for normal fertility in rats and is not relevant in humans who do not form copulatory plugs. No drug-related effect on testes or on mating performance has been seen in rats or rabbits.

## **Developmental Studies**

Dose-dependent development of hypospadias was observed in the male offspring of pregnant rats given finasteride at doses ranging from 100 µg/kg/day to 100 mg/kg/day (1 to 1000 times the recommended human dose of 5 mg/day) at an incidence of 3.6 to 100%. Additionally, pregnant rats produced male offspring with decreased prostatic and seminal vesicular weights, delayed preputial separation, and transient nipple development when given finasteride at doses  $\geq 30\mu\text{g/kg/day}$  ( $\geq 30\%$  of the recommended human dose of 5 mg/day) and decreased anogenital distance when given finasteride in doses  $\geq 3\mu\text{g/kg/day}$  ( $\geq 3\%$  of the recommended human dose of 5 mg/day). The critical period during which these effects can be induced has been defined in rats as days 16-17 of gestation.

The changes described above are expected pharmacological effects of Type II 5 alpha-reductase inhibitors. Many of the changes, such as hypospadias, observed in male rats exposed *in utero* to finasteride, are similar to those reported in male infants with a genetic deficiency of Type II 5 alpha-reductase. No effects were seen in female offspring exposed *in utero* to any dose of finasteride

Administration of finasteride to rats during the late gestation and lactation period results in slightly decreased fertility in first generation male offspring (3 mg/kg/day; 30 times the recommended human dose of 5 mg/day). No developmental abnormalities have been observed in first generation male or female offspring resulting from mating finasteride-treated male rats (80 mg/kg/day; 800 times the recommended human dose of 5 mg/day) with untreated females.

No evidence of malformations has been observed in rabbit fetuses exposed to finasteride *in utero* from days 6-18 of gestation at doses up to 100 mg/kg/day (1000 times the recommended human dose of 5 mg/day).

The *in utero* effects of finasteride exposure during the period of embryonic and fetal development were evaluated in the rhesus monkey (gestation days 20-100), a species more predictive of human development than rats or rabbits. Intravenous administration of finasteride to pregnant monkeys at doses as high as 800 ng/day (at least 60 to 120 times the highest

estimated exposure of pregnant women to finasteride from semen of men taking 5 mg/day) resulted in no abnormalities in male fetuses. In confirmation of the relevance of the rhesus model for human fetal development, oral administration of a very high dose of finasteride (2 mg/kg/day; 20 times the recommended human dose of 5 mg/day or approximately 1-2 million times the highest estimated exposure to finasteride from semen of men taking 5 mg/day) to pregnant monkeys resulted in external genital abnormalities in male fetuses. No other abnormalities were observed in male fetuses and no finasteride-related abnormalities were observed in female fetuses at any dose.

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## Important Please Read

### PART III: CONSUMER INFORMATION

Pr  
**FINASTERIDE**  
Finasteride Tablets Mfr Standard

**This leaflet is part III of a three-part "Product Monograph" published when FINASTERIDE was approved for sale in Canada and is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about FINASTERIDE. Contact your physician or pharmacist if you have any questions about the drug.**

#### ABOUT THIS MEDICATION

#### FINASTERIDE IS FOR USE BY MEN ONLY.

##### **What the medication is used for:**

FINASTERIDE is used to treat symptoms of benign prostatic hyperplasia (BPH) in men with an enlarged prostate. FINASTERIDE may also be used to reduce the risk of developing sudden inability to pass urine and the need for surgery.

FINASTERIDE is not approved for the prevention of prostate cancer.

##### **What it does:**

FINASTERIDE lowers levels of a key hormone called DHT (dihydrotestosterone), which is a major cause of prostate growth. Lowering DHT leads to shrinkage of the enlarged prostate gland in most men. This can lead to gradual improvement in urine flow and symptoms over the next several months. FINASTERIDE will help reduce the risk of developing a sudden inability to pass urine (acute urinary retention) and the need for surgery.

##### **When it should not be used:**

Do not take FINASTERIDE if you think you are allergic to any of its ingredients.

Women and children should not take FINASTERIDE. Women who are or may potentially be pregnant must not use FINASTERIDE (see WARNINGS AND PRECAUTIONS, Pregnancy).

##### **What the medicinal ingredient is:**

finasteride

##### **What the important nonmedicinal ingredients are:**

lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, pregelatinized starch, sodium lauryl sulfate, sodium starch glycolate and opadry blue (hypromellose, polyethylene glycol,

titanium dioxide, FD&C Blue #2 Indigo Carmine Aluminum Lake 11%-14%).

##### **What dosage forms it comes in:**

Each tablet of FINASTERIDE contains 5 mg of finasteride.

#### WARNINGS AND PRECAUTIONS

**Pregnancy:** Women who are or may potentially be pregnant must not use FINASTERIDE. They should also not handle crushed or broken tablets of FINASTERIDE. If the active ingredient in FINASTERIDE is absorbed after oral use or through the skin by a woman who is pregnant with a male baby, it may cause the male baby to be born with abnormalities of the sex organs. FINASTERIDE tablets are coated and will prevent contact with the active ingredient during normal handling provided that the tablets are not broken or crushed. If a woman who is pregnant comes into contact with the active ingredient in FINASTERIDE, a physician should be consulted.

*You must see your physician regularly while taking FINASTERIDE.*

Follow your physician's advice about when to have these checkups.

**About Prostate Specific Antigen (PSA).** Your physician may have done a blood test called PSA for the screening of prostate cancer. FINASTERIDE can alter PSA values. You should tell your physician that you are taking FINASTERIDE. For more information, talk to your physician.

FINASTERIDE may increase the chance of a more serious form of prostate cancer.

#### INTERACTIONS WITH THIS MEDICATION

Tell your physician or pharmacist about all the medicines you take. This includes prescription and non-prescription medicines, and herbal supplements.

#### PROPER USE OF THIS MEDICATION

Take FINASTERIDE as your physician has prescribed.

##### **Usual dose:**

5 mg tablet once daily with or without food.

##### **Missed dose:**

If you miss a dose, do not take an extra one. Just take the next tablet as usual.

## Important Please Read

### Overdose:

In case of drug overdose, contact a health care practitioner, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

### SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Like any medicine, FINASTERIDE may cause side effects. Side effects due to FINASTERIDE may include:

- impotence (an inability to have an erection)
- less desire to have sex.
- problems with ejaculation, such as a decrease in the amount of semen released during sex.

In addition, some men may have breast swelling and/or tenderness.

Some men have also reported the following:

- allergic reactions such as rash, itching, hives, swelling of the lips, tongue, throat and face
- testicular pain
- blood in semen
- an inability to have an erection that continued after stopping the medication
- muscle injury, muscle pain, muscle weakness, abnormal test results (CK elevation)
- problems with ejaculation that continued after stopping the medication
- male infertility and/or poor quality of semen. Improvement in the quality of semen has been reported after stopping the medication.
- depression
- decrease in sex drive that continued after stopping the medication
- changes in mood, which can include suicidal thoughts.

In rare cases, male breast cancer has been reported.

You should promptly report to your physician any changes in your breasts such as lumps, pain or nipple discharge.

### SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM

Symptoms / Effects	Talk with your physician or pharmacist		Stop taking drug and call your physician or pharmacist
	Only if severe	In all cases	
<b>Rare</b>	Allergic reactions including rash, hives, swelling of the lips, tongue, throat and face.		√

*This is not a complete list of side effects. For any unexpected effects while taking FINASTERIDE, contact your physician or pharmacist.*

### HOW TO STORE IT

Store at temperature (15°C -30°C) and protect from light.

**KEEP FINASTERIDE AND ALL MEDICINES OUT OF THE REACH OF CHILDREN.**

### Reporting Side Effects

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/adverse-reaction-reporting.html>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

***NOTE: Contact your health professional if you need information about how to manage of side effects. The Canada Vigilance Program does not provide medical advice.***

## Important Please Read

### MORE INFORMATION

This document plus the full product monograph, prepared for health professionals can be found by contacting Pro Doc Ltée at 1-800-361-8559, [www.prodoc.qc.ca](http://www.prodoc.qc.ca) or [info@prodoc.qc.ca](mailto:info@prodoc.qc.ca)

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Last revised: February 19, 2021