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## SPIRONOLACTONE (ALDACTONE)

Spironolactone is a medication which blocks the activity of male hormones on oil glands. This “antiandrogen” activity is extremely helpful in some women with hormonally induced acne, excess facial hair and scalp hair loss.

Spironolactone may be used alone or in combination with oral contraceptives. It may take three months of therapy with Spironolactone to notice a response. Treatment with Spironolactone may be maintained indefinitely.

The low dose of Spironolactone used for female acne is well tolerated by most healthy women. Side effects are most often seen with higher doses. Spironolactone is a diuretic and increased urination may be noted.

Side effects may include: breast tenderness, breast enlargement, menstrual irregularities, slight drop in blood pressure and increased potassium (although this is unlikely in women).

Breast tumors have been reported in animal studies, but such association has not been reported in humans. Quoted from Dermatological Clinics, October 1996: “On the basis of twenty-five years of evidence from animal studies and multiple human epidemiologic studies, however, Spironolactone use in humans does not appear to cause malignancy.”

DO NOT take Spironolactone if you are pregnant or breast feeding.

DO NOT take potassium supplements if you are taking Spironolactone.

If requested by the provider, a blood test may be done before this medication is started and after 1 month on a full dose.