

iMedix: Your Personal Health Advisor.

DHEA

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- **ActiveIngredient:**
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Description

Uses & Effectiveness Overview Dehydroepiandrosterone (DHEA) is a hormone that is turned into male and female sex hormones in the body. Prescription DHEA is used to treat thin vaginal tissue. DHEA is made by the adrenal glands and by the liver. DHEA levels seem to go down as people get older. DHEA levels seem to be lower in people with depression and after menopause. People commonly use prescription DHEA for vaginal tissue thinning. DHEA supplements are used for aging skin, depression, infertility, muscle strength, heart disease, erectile dysfunction (ED), and many other conditions, but there is no good scientific evidence to support many of these other uses. DHEA is banned by the National Collegiate Athletic Association (NCAA), the International Olympic Committee, and the World Anti-Doping Agency (WADA). Don't confuse DHEA with 7-alpha-hydroxy-DHEA, 7-beta-hydroxy-DHEA, and 7-keto-DHEA. These are all different forms of DHEA but are not the same as DHEA. DHEA, known as dehydroepiandrosterone, is not classified as a vitamin, but rather as a steroid hormone that the body naturally produces, playing a vital role in maintaining overall health and wellness. It is often praised for its potential anti-aging effects and for supporting cognitive function, energy levels, and immune system function.

Side Effects When taken by mouth: DHEA is possibly safe when used short-term. DHEA has been used safely for up to 2 years, usually in doses of 50 mg daily. DHEA side effects are usually mild and might include acne and upset stomach. DHEA is possibly unsafe when used in high doses or long-term. Do not use DHEA in doses higher than 50-100 mg daily or for a long period of time. Using higher doses or using it long-term can increase the risk of serious side effects including cancer. When applied to the skin: DHEA is possibly safe when used appropriately. DHEA cream has been used safely for up to 1 year. When applied into the vagina: DHEA is possibly safe when used appropriately. DHEA vaginal inserts have been safely used for up to 3 months.

Interactions Moderate Interaction Be cautious with this combination Medications for estrogen sensitive cancers (Aromatase inhibitors) interacts with DHEA The body changes DHEA to estrogen in the body. Aromatase inhibitors are used to help lower estrogen levels in the body. Taking DHEA might decrease the effects of aromatase inhibitors. Fulvestrant (Faslodex) interacts with DHEA Estrogen-sensitive cancers are cancers that are affected by estrogen levels in the body. Fulvestrant is used for these types of cancer. DHEA might increase estrogen in the body and decrease the effects of fulvestrant for treating cancer. Do not take DHEA if you are taking fulvestrant. Medications changed by the liver (Cytochrome P450 3A4 (CYP3A4) substrates) interacts with DHEA Some medications are changed and broken down by the liver. DHEA might change how quickly the liver breaks down these medications. This could change the effects and side effects

of these medications. tamoxifen (Nolvadex) interacts with DHEA Estrogen-sensitive cancers are cancers that are affected by estrogen levels in the body. tamoxifen is used to help treat and prevent these types of cancer. DHEA increases estrogen levels in the body and might decrease the effects of tamoxifen. Do not take DHEA if you are taking tamoxifen. Triazolam (Halcion) interacts with DHEA DHEA might decrease how quickly the body breaks down triazolam. Taking DHEA with triazolam might increase the effects and side effects of triazolam. Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with DHEA DHEA might slow blood clotting. Taking DHEA along with medications that also slow blood clotting might increase the risk of bruising and bleeding. Medications for depression (Antidepressant drugs) interacts with DHEA There is some concern that taking DHEA along with antidepressant drugs might increase the risk for serious side effects. Speak with a healthcare provider before taking DHEA if you are taking an antidepressant. Tuberculosis Vaccine interacts with DHEA Taking DHEA might reduce the effects of the tuberculosis vaccine. Do not take DHEA if you are receiving a tuberculosis vaccine. Minor Interaction Be watchful with this combination Estrogens interacts with DHEA DHEA might increase estrogen levels in the body. Taking DHEA along with estrogen might cause too much estrogen in the body. Testosterone interacts with DHEA Taking DHEA with testosterone might cause there to be too much testosterone in the body. This might increase the effects and side effects of testosterone. Special Precautions and Warnings When taken by mouth: DHEA is possibly safe when used short-term. DHEA has been used safely for up to 2 years, usually in doses of 50 mg daily. DHEA side effects are usually mild and might include acne and upset stomach. DHEA is possibly unsafe when used in high doses or long-term. Do not use DHEA in doses higher than 50-100 mg daily or for a long period of time. Using higher doses or using it long-term can increase the risk of serious side effects including cancer. When applied to the skin: DHEA is possibly safe when used appropriately. DHEA cream has been used safely for up to 1 year. When applied into the vagina: DHEA is possibly safe when used appropriately. DHEA vaginal inserts have been safely used for up to 3 months. Pregnancy and breast-feeding: DHEA is possibly unsafe when taken during pregnancy or breast-feeding. It can cause higher than normal levels of a male hormone called androgen. This might be harmful to the baby. Do not use DHEA if you are pregnant or breast-feeding. Diabetes: DHEA can affect how insulin works in the body. If you have diabetes, monitor your blood sugar carefully if you are taking DHEA. Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids: DHEA is a hormone that can affect how estrogen works in the body. If you have any condition that might be made worse by estrogen, do not use DHEA. High cholesterol: DHEA might lower high-density lipoprotein (HDL or “good”) cholesterol, especially in females. If you have high cholesterol or heart disease, talk with your healthcare provider before taking DHEA. Liver problems: DHEA might make liver problems worse. Do not use DHEA if you have liver problems. Depression and mood disorders: DHEA might cause excitability, impulsiveness, and irritability in people with mood disorders. If you have a mood disorder, talk to your healthcare provider before taking DHEA. Polycystic ovary syndrome (PCOS): Taking DHEA might make this condition worse. Don’t use DHEA if you have PCOS. Dosing DHEA has most often been used by adults at a dose of 50 mg by mouth daily for up to 1 year. DHEA is also available in topical creams and vaginal products. Speak with a healthcare provider to find out what type of product and dose might be best for a specific condition.

Side Effects

Uses

Interactions

Other Details
