

Daniel Spratt
Cape Elizabeth
LD 1277

Dear Senator Ingwersen, Representative Mayer, and Members of the Committee on Health and Human Services,

I am writing today as an endocrinologist who has been prescribing testosterone to a spectrum of patients over the past 40 years. I have also worked closely with the Endocrine Society and the American Medical Association as well as USADA as part of a task force dealing with performance enhancing drugs. My specialty is endocrinology of the reproductive system for which I received training and performed research at Massachusetts General Hospital. I currently practice in Maine and am a Professor of Medicine and Ob/Gyn at Tufts University School of Medicine.

Based on my experience as well as in-depth knowledge of the physiology and pharmacology of testosterone I strongly recommend that testosterone be removed from the Prescription Monitoring Program (PMP).

Testosterone is a natural occurring hormone that is not an addictive substance. Providing testosterone prescriptions to many of our patients is critical for their health and well-being. These patients include many men with a wide range of causes of testosterone deficiency as well as some women. Due to outdated policy, testosterone continues to be treated as though it presents the same risks as opioids or other well-established addictive drugs. Our AMA task force found no evidence of testosterone being an addictive drug.

In my work with patients to whom I have prescribed testosterone over the past 40 years, I have never encountered a situation that raised suspicion of diversion, misuse, or abuse.

The inclusion of testosterone in the PMP provides a barrier to access for many patients who are deficient in this hormone and places an undue burden on prescribers and pharmacists. I am not aware of any evidence of any widespread (or even low level) abuse issues or public health crisis surrounding testosterone.

I strongly urge you to vote "ought to pass" on LD 1277 and remove the requirement that testosterone be tracked on Maine's PMP. This vote would be consistent with all our current scientific, medical and public health information.

Thank you for your consideration of this issue.

Sincerely,

Daniel Spratt MD