

## Effective Prescribing Committee

<b>What was the EPC asked to consider?</b>	<b>What priority should be given to the prescribing of D-chiro-inositol for the treatment of hirsutism?</b>
<b>Policy No:</b>	EPC 049
<b>Date of Issue:</b>	September 2011
<b>Review Date:</b>	July 2013 unless changes issued by NICE, South Central Priorities Committee or significant new evidence available before this date.
<p><b>Policy Statement:</b>  The NHS Berkshire West Effective Prescribing Committee has reviewed the evidence for clinical and cost effectiveness of D-chiro-inositol. It considers the funding for treatment to be a <b>LOW PRIORITY</b> for patients with hirsutism.</p>	
<p><b>Key Points considered:</b></p> <ul style="list-style-type: none"> <li>- There is no evidence to support the use of D-chiro-inositol in the treatment of hirsutism. Further well conducted randomised studies are required.</li> <li>- There are concerns around the availability and supply of this drug.</li> <li>- There is no evidence of safety information for this product.</li> </ul>	
<p><b>References:</b></p> <ol style="list-style-type: none"> <li>1. Zacche M.M., Caputo L., Filippis S., Zacche G., Dindelli M., Ferrari A. Efficacy of myo-inositol in the treatment of cutaneous disorders in young women with polycystic ovary syndrome. <i>Gynecological Endocrinology</i>, 2009, vol./is. 25/8(508-513), 0951-3590;1473-0766 (2009).</li> <li>2. Nicolas Galazis, Myria Galazi, D-Chiro-inositol and its significance in polycystic ovary syndrome: a systematic review, <i>Gynecological endocrinology</i>. 2009, vol./is. 25/8(508-513), 0951-3590;1473-0766 (2009).</li> <li>3. Nestler JE, Jakubowicz DJ, Reamer P, Gunn RD, Allan G. Ovulatory and metabolic effects of D-chiro-inositol in the polycystic ovary syndrome. <i>New England Journal of Medicine</i> 1999; 340(17):1314–20.</li> <li>4. Cheang KI, Baillargeon JP, Essah P, Ostlund RE Jr, Apridonize T, Islam L, Nestler JE. Insulin-stimulated release of D-chiro-inositolcontaining inositolphosphoglycan mediator correlates with insulin sensitivity in women with polycystic ovary syndrome. <i>Metabolism: Clinical &amp; Experimental</i> 2008;57(10):1390–7. [ 18803944.</li> <li>5. Gerli S., Papaleo E., Ferrari A., di Renzo G.C. Randomized, double blind placebo-controlled trial: Effects of Myo-inositol on ovarian function and metabolic factors in women with PCOS. <i>European Review for Medical and Pharmacological Sciences</i>, Sep 2007, vol./is. 11/5(347-354), 1128-3602 (Sep 2007).</li> <li>6. University of Maryland Medical centre accessed via <a href="http://www.umm.edu/altmed/articles/hirsutism-000081.htm">http://www.umm.edu/altmed/articles/hirsutism-000081.htm</a></li> </ol>	
<b>Date taken to EPC:</b>	July 2011
<b>Date Ratified by MMC on Behalf of the Board:</b>	September 2011

**Notes:**

1. Exceptional circumstances may be considered where there is evidence of significant health impairment and there is also evidence of the intervention improving health status.
2. This policy will be reviewed in the light of significant new evidence or guidance from NICE.
3. Effective Prescribing Committee policy statements and minutes can be viewed at <http://www.berkshirewest-pct.nhs.uk/page.asp?fldArea=5&fldMenu=8&fldSubMenu=0&fldKey=104>