Aim: To determine the tolerability and efficacy of flutamide in patients with clinical hyperandrogenism (acne and hirsutism).

Methodology: Retrospective, longitudinal, descriptive study based on a systematic review of the medical records of patients who visited the outpatient gynecological endocrinology clinic at the University Hospital of Caracas, during the period January 2010 - September 2013. Those patients with clinical hyperandrogenism (acne, hirsutism) were included. Were excluded from the study OC users or other hormonal contraceptive, anabolic steroids, verapamil, phenytoin, diazoxide, danazol, ciclosporine. Patients received doses of 250mg/day flutamide, in a minimum of 6 and a maximum of 24 months (X: 7.9 months). Clinical evaluation and measurements of liver enzymes were performed every 3 months.

Results: Of a total of 85 patients 61.1% were polycystic ovary syndrome, idiopathic hyperandrogenism in 36.47% and 2.3% congenital adrenal hyperplasia. 88.3% of patients had clinical improvement, with a marked decrease in acne scores in all patients, from 6 months of treatment compared with baseline. Hirsutism not improved in 16.7%. Treatment was stopped in 13 patients (15.2%), of which 3 (3.5%) for elevated liver enzymes, 1.1% (1/85) by elevated creatinine, 1.1% (1/85) to present arthralgia and edema, and 1 (1.1%) for epistaxis after 3 months of treatment. One patient was omitted by diagnosis of antiphospholipid syndrome during treatment. The remaining 6 patients (7%) omitted by the desire for pregnancy.

Conclusions: Flutamide is an effective and safe alternative in the treatment of patients with clinical hyperandrogenism, particularly when acne is predominant, with few adverse effects.