



**- Please bring to the attention of all doctors -**

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### **Nangen Zengzhangsu (also known as Nangen or Nangeng)**

This notification is to alert medical practitioners of possible acute toxicity with the use of the Chinese medicine Nangen Zengzhangshu (also known as Nangen or Nangeng).

A report has been received about a patient who had serious side effects thought to be related to taking Nangen Zengzhangshu which was purchased in Hong Kong. Nangen Zengzhangshu is promoted as a Chinese medicine for the treatment of sexual and erectile dysfunction and can be purchased overseas or via the Internet.

The Hong Kong Department of Health has issued an alert that this product may contain sildenafil and/or glibenclamide.

Sildenafil and glibenclamide are prescription medicines which should only be used under medical supervision.

#### **Possible side effects:**

Sildenafil is used for the treatment of erectile dysfunction. Sildenafil can cause side effects including flushing, headache, racing pulse and abnormal vision. Unsupervised use of sildenafil by patients with pre-existing heart disease can result in serious cardiovascular side-effects such as sudden cardiac death, heart attack, chest pain, rhythm disturbances, hypertension or hypotension, and stroke. Additionally, use of sildenafil may be associated with other side-effects including vision loss, seizure, prolonged erection, headache, flushing, nasal congestion, and abdominal pain. In particular sildenafil should not be used by individuals taking any type of nitrate drug due to the risk of developing potentially life-threatening low blood pressure.

Glibenclamide is an oral hypoglycaemic drug used to lower blood sugar in some diabetic patients. Symptoms of hypoglycaemia include sweating, shaking, confusion, dizziness, headache, vomiting and loss of consciousness. Glibenclamide is not usually recommended for use in patients with unstable diabetes and/or those on insulin, or patients with severe liver or kidney disease.

#### **Advice to doctors:**

Be aware that unusual symptoms as described above may be due to consumption of Nangen Zengzhangshu or other similar products, and ask patients about its consumption. If toxicity occurs from consumption manage as appropriate,

#### **Advice to consumers:**

Consumers who have this product are advised not to use it and should consult their medical practitioner if they have any health concerns related to use of the product.

#### **Additional information**

The product Nangen Zengzhangshu is not registered by the Therapeutic Goods Administration for marketing in Australia. There are risks associated with using products that are not listed or registered by the Therapeutic Goods Administration (TGA). The claims made for the products and the information provided by the manufacturer may not accurately reflect what ingredients are in the products and the risks associated with them. Products which are listed or registered by the TGA have an AUST L or AUST R number on the product label.

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*Information contained within this advice should be treated as confidential and is for the intended recipient only.*