

## Losartan in the treatment of solid tumours, ugandan experience

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### Introduction

A 28 years old female presented to the emergency room complaining of shortness of breath for a number of years with progressive swelling in the neck. She was progressively becoming short of breath on exertion but did not have fever, pain or hoarseness. She had been on Lugol's iodine without improvement. On examination, vital signs were stable. However, she had a cervical large non tender multi-nodular goitre, with a shift of the trachea to the right side. By percussion; there was no dullness over the sternum. Her left breast had a large non painful mass.

### Materials and Methods

It was not possible to perform Computed Tomography, Electrocardiogram, Thyroid function tests, Spirometry and biopsy. Ultrasound scan of the thyroid gland, the breasts, abdomen and the pelvic organs was conducted.

### Result and Treatment

Full Haemogramme and Urinalysis reports were normal. Ultrasound scan was suggestive of a multi-nodular goiter and a fibro adenoma in the left breast. Lugol's Iodine was stopped and the patient was treated as an outpatient with Losartan potassium, 25mgs once daily for three months. During this time, progressive regression of the large goitre was noted. By the third month of treatment, there was no shortness of breath and the large cervical goitre had reduced to normal size. Her breasts were normal. The blood pressure had notably reduced to 100/60 mm and Losartan was stopped. She has been normal for the last four years.

Similarly, eight other cases of multi-nodular goitre, six of fibro-adenoma, one of unknown recurrent intra-abdominal tumour, and one of Benign Prostate Hypertrophy and high grade prostatic intraepithelial neoplasia, and one terminally ill with advanced metastatic prostate cancer were assessed, investigated and cured with losartan potassium, over a duration of three months to one

year, with dose ranges of 25 mgs to 200 mgs, depending on the bulk of the tumour and response to the drug.

### Conclusion

The prognosis in solid tumours like Benign Euthyroid multi-nodular Goiter, Fibro- adenoma of the breast, and Benign Prostate Hypertrophy and Prostate cancer, is good if diagnosed early and treated promptly with Losartan potassium.

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