

The Growing Role of CROs in Advancing Men's Health Clinical Research

In support of Men's Health Awareness Month 2025: "Closing the Empathy Gap"

November marks Men's Health Awareness Month, a global initiative dedicated to raising awareness about men's physical and mental well-being. The month-long Movember campaign encourages men to grow moustaches to promote open conversations about prostate cancer, testicular cancer, mental health, and suicide prevention issues that continue to be underfunded and under-discussed.

The 2025 theme, "Closing the Empathy Gap," highlights the need for greater attention, empathy, and resources for men's health, an area where clinical research organizations (CROs) can make a measurable impact.

The Evolving Landscape of Men's Health Research

Men's health has gained increasing attention as a critical field of clinical research, covering prostate disorders, hormonal imbalances, fertility challenges, sexual dysfunctions, and metabolic diseases that disproportionately affect men.

As medical knowledge deepens and regulatory standards evolve, the successful execution of men's health studies requires not only scientific expertise but also strong operational and regulatory infrastructure — a space where Contract Research Organizations (CROs) play a pivotal role.

1MED's Contribution to Men's Health Studies

At 1MED, our mission is to empower innovation that improves patients' lives. Our involvement in men's health research spans protocol development, regulatory submissions, site management, patient recruitment, and data analysis, ensuring efficiency and compliance from design to delivery.

From Corticosteroid Innovation to Prostate Health

1MED has managed exploratory studies investigating the safety, tolerability, and systemic bioavailability of beclomethasone dipropionate (BDP) suppositories, evaluating a 6 mg once-daily formulation versus the traditional 3 mg twice-daily regimen in healthy adult male volunteers.

This was the first study to assess the safety and pharmacological performance of this new BDP dosage approach. Second-generation corticosteroids such as BDP, when administered orally or rectally, are known for high topical anti-inflammatory efficacy and low systemic bioavailability, reducing the risk of corticosteroid-related side effects.

The results aim to establish whether a higher once-daily dose can provide comparable safety with simplified dosing — potentially improving treatment adherence in real-world settings.

Exploring Probiotics for Chronic Prostatitis

1MED also oversaw a randomized, placebo-controlled clinical trial evaluating the efficacy of *L. casei* DG® probiotics in reducing recurrences of chronic bacterial prostatitis (CBP) in men receiving antibiotic therapy.

CBP significantly impacts men's quality of life, often causing pelvic pain, urinary discomfort, and recurrent infections. While antibiotics remain the standard of care, high relapse rates often stem from intestinal dysbiosis and weakened mucosal defenses.

Probiotic therapy, through microbiome restoration and anti-inflammatory action, may reduce recurrence and enhance antibiotic effectiveness. The findings of this study could provide valuable insights into integrating microbiome-centered approaches into men's urological care.

Beyond Urology: 1MED in Oncology and Complex Studies

Beyond urology and inflammation, 1MED has contributed to oncology trials — including studies in prostate cancer — addressing challenges such as patient recruitment, long-term follow-up, biomarker data management, and complex study coordination.

These experiences strengthen our commitment to supporting innovative therapies that improve both clinical outcomes and quality of life for male patients worldwide.



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CROs and the Empathy Gap: A Shared Responsibility

The Movember movement reminds us that men’s health goes beyond clinical metrics — it’s about awareness, empathy, and action. While the global campaign raises visibility, CROs like 1MED help translate awareness into measurable impact by advancing research, accelerating safe treatment development, and ensuring evidence-based innovation reaches patients.

By combining scientific expertise with operational excellence, 1MED helps sponsors bridge the empathy gap — turning global awareness into tangible health outcomes for men everywhere.