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TITLE

DYDROGESTERONE TREATMENT FOR MENSTRUAL-CYCLE REGULARIZATION IN ABNORMAL UTERINE BLEEDING OVULATION DYSFUNCTION (AUB-O) PATIENTS: A PROSPECTIVE OBSERVATIONAL STUDY

AUTHOR/S

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ABSTRACT

Context:

The prevalence of abnormal uterine bleeding is estimated to be 11–13% of the general population. Progestin therapy is administered cyclically in order to schedule withdrawal bleeding within the normal MC duration range.

Objective:

This observational study aimed to evaluate the effect of dydrogesterone on MC regularization and metabolism in the patients with AUB-O.

Methods:

A prospective, non-interventional, non-controlled, single-arm, post-marketing observational study was conducted in China.

Patients:

Women aged 16 years or above with menses who had been prescribed dydrogesterone to treat irregular MCs due to the diagnosis of AUB-O were enrolled.

Intervention:

Patient was treated by dydrogesterone 10mg for cycle regulation treatment, orally taking 1 tablet twice daily, from day16 to day 25 of each cycle, being consecutive at least 3 cycles.

Main Outcome Measure:

The percentage of patients whose menstrual cycles have returned to normal (defined as 21 days ?menstrual cycle ? 35 days) after three cycles of dydrogesterone treatment.

Results: .

INSTITUTE

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114 women were enrolled, which were all AUB-O patients. The mean age was 24.67 (± 6.30) years, the mean average days of MCs in the last three months were 63.74 ± 25.47 , and the mean average days of menstrual periods in the last three months were 7.13 ± 6.24 . Of those who completed treatment, 62/65 patients (95.4%) achieved a regular MC at the end of 3rd circle. There were no statistically significant differences in blood lipid levels ($P > 0.05$), insulin levels ($P > 0.05$) or fasting blood glucose (FBG) levels ($P > 0.05$) before and after the treatment. During the period of treatment, 44/80 (55%) subjects had reported biphasic basal body temperature (BBT).

Conclusion:

Dydrogesterone therapy was effective in achieving MC regularization and has no negative effect on lipid and glucose metabolism.