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## TITLE

### OPTIONS OF HORMONE REPLACEMENT THERAPY EFFECT ON FEMALES SELF-RATING AT PERIMENOPAUSE

## AUTHOR/S

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## ABSTRACT

Nowadays, various aspects of estrogen's influence on cognitive (gnostical) function are the subject of focused attention from researchers' point of view.

The purpose of research: an assessment of hormone replacement therapy's (HRT) effect on ability to memorize and reproduce a verbal material in women at the period of perimenopause.

Material and methods of research: have provided a study of 100 women at age from 45 to 52 years old. The average age had amounted  $47,5 \pm 1,2$  years. The cognitive function have been studied by means of tests for visual and oral-aural memory, test Memorize ten words (MTW), Clock painting test (CPT), test for digits distribution (DD), and test for attention – Schulte Table. There was a medication containing 2 mg of estradiol valerate and 10mg of dydrogesterone used as HRT.

Results. When the capabilities of patients to memorize and reproduce the verbal material were studied with help of MTW method, we found, that at short-term reproduction the number of correct answers at the background of HRT has increased since 3rd month of the therapy from  $7,8 \pm 0,9$  score to  $8,45 \pm 0,8$ . By contrast, the number of correctly reproduced words, when remembering was postponed, didn't change.

During DD test at the background of therapy by medication containing 2mg estradiol valerate and 10mg dydrogesterone noted valid decrease of time spent by patients to pass test. Thus, the study proved the optimizing effect of the 2mg estradiol valerate and 10mg dydrogesterone on attention and mind. This is testified by that at the background of the therapy of medication containing 2mg estradiol valerate and 10mg dydrogesterone the total time spent on DD test and number of errors were reduced, and also short-term memory been improved (MTW).

## INSTITUTE

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