



EFFECTS OF LETROZOLE ON PATIENTS WITH UTERINE FIBROIDS AT TERTIARY CARE HOSPITAL IN WESTERN RAJASTHAN

Gynaecology

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ABSTRACT

Background- Letrozole, the aromatase inhibitor has been reported to decrease the size of symptomatic fibroid & uterine volume with improvement in the haemoglobin levels and pain.

Method- 100 cases, from department of Gynae. & Obst., PBM Hospital, SPMC, Bikaner were included in this study from 1st Aug. 2017 to 31st July. 2018. After complete general & Gynaecological evaluation, all 100 cases were prescribe to take tab. Letrozole 5mg/day continuously for 3 months & effects of the drugs were observed.

Result- Average reduction of fibroid volume by 23.65 % and uterine volume by 69.45% was seen. Haemoglobin concentration increased from 8.4 g/dl to 10.4g/dl and overall improvement in symptomatology score was observed. Joint pain, hot flushes, sweating, hair loss & hyper pigmentation were the main adverse effects observed and were self limiting.

Conclusion- Letrozole the aromatase inhibitor may represent a new generation of medication for the treatment of uterine fibroid and associated symptoms. Larger clinical trials are needed, however, to fully evaluate their safety and efficacy.

KEYWORDS

Aromatase, Inhibitor, Letrozole, Uterus, Medical treatment.

INTRODUCTION

Uterine fibroid –benign monoclonal tumors arising from myometrial smooth muscle cells –are the most common pathology of the female genital tract. The effects of uterine fibroid on the quality of life and the overall cost of treatment are significant but often remain unaddressed our marginalized. Multiple uterine fibroid management options are currently available but surgery remains the method of choice and is often accompanied by pharmacological treatment or pretreatment at present medical treatment is used as a “stand alone” treatment for temporary relief of symptoms for short periods because of the significant risk with long term therapy. Surgery is the treatment of choice. Drugs available for medical treatments are GnRH analogues, selective estrogen receptors modulators, selective progesterone receptor modulator, cabergoline, danazol, gastrinone, aromatase inhibitors.

Letrozole suppresses up to 97% to 99% of aromataes activity with subsequent substantial reductions in circulating levels of estrogen. It can be used as temporary relief in symptomatic fibroid, to control bleeding and improve hemoglobin level.

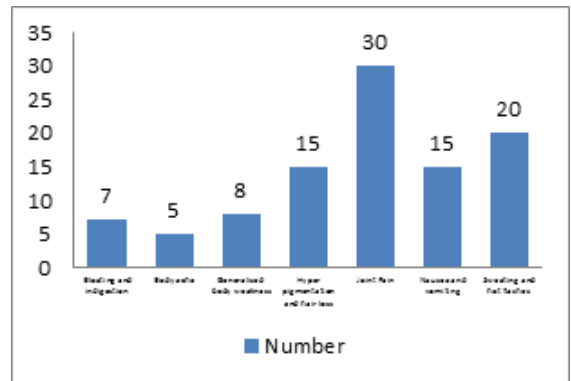
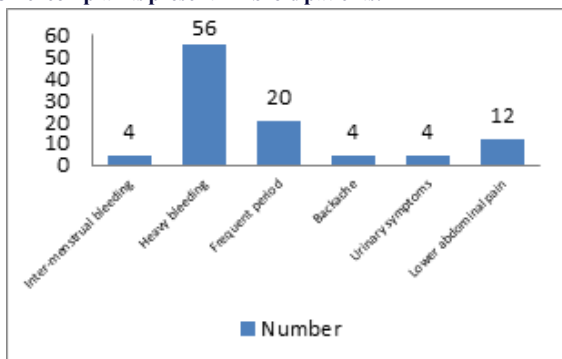
TABLE – 1 Baseline Characteristics of study

Parameters	Value
1. Age(years)	36.2± 4.2
2. Parity	3.3± 1.4
3. BMI(Kg/m ²)	26.9± 2.3

TABLE – 2 Clinical Outcome after Letrozole treatment

Parameters	1st Visit	After 3 months
1. Haemoglobin	8.4± .63	10.4± .85
2. PBAC Score	149.1± 41.4	93.9± 42.6
3. Fibroid Volume	49.9± 41.1	36.7± 29.8
4. Uterine Volume	161.4± 48.2	148.4± 51.2

Chief complaints present in fibroid patients.



CASE STUDY

Present study was conducted to see the effect of Letrozole on Patients with Uterine Fibroids At Tertiary Care Hospital in Western Rajasthan.

CONCLUSIONS

Hence, Letrozole used in the symptomatic fibroid in reproductive age group females resulted in the transient volume reduction of the fibroid and uterus, controls bleeding; improves hemoglobin levels, alleviates pain related symptoms and therefore, improving the general condition of woman relieving their anxiety and providing them a sense of well being with fewer side effects. Letrozole can be used as a preoperative medication to reduce the fibroid size, to control bleeding and to improve hemoglobin levels which may also converts a technically difficult procedure to an easier one. Thus in short we can say that Letrozole the aromatase inhibitor may represent a new generation of medication for the treatment of uterine fibroid and associated symptoms. Larger clinical trials are needed, however, to fully evaluate their safety and efficacy.

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