Dienogest in the treatment of endometriosis: a retrospective analysis of quality of life

Letizia Freschi
Dept Obstetrics & Gynecology – University of Pisa – Italy
endometriosi@ao-pisa.toscana.it
Endometriosis is a common, chronic gynecological disease among women of reproductive age associated with a variety of symptoms, such as dysmenorrhea, dyspareunia, dyschezia, lower back pain, and chronic pelvic pain.

In addition to clinical symptoms, women with endometriosis experience a range of non-clinical symptoms:

- Depression and isolation are feelings often experienced
- Bad emotional wellbeing
- Problems with sex life and relationships
- Difficulty in fulfilling work and social commitments
- Fatigue or lack of energy
How endometriosis affect QoL?

- Impact on physical functioning and daily activities
- Intimate relationship
- Impact of diagnostic delay
- Mental health
- Work productivity
### Dienogest – a Unique Progestin

DNG combines the properties of both 19-nortestosterone and progesterone derivatives

#### Properties of 19-nortestosterone derivatives

- Strong progestational effects on endometrium
- Relatively short plasma half-life (9-10 h)
- High oral bioavailability (90%)

#### Properties of progesterone derivatives

- Good tolerability
- Anti-androgenic effects
- Anti-proliferative effects
- Relatively moderate inhibition of gonadotropin secretion
- Mainly peripheral mode of action
Dienogest: mechanism of action...

Central effects
✓ Inhibition of gonadotropin secretion: moderate suppression circulation estradiol
✓ Ovarian function: anovulation

Local effects
✓ Anti proliferative
✓ Anti inflammatory
✓ Anti angiogenic
Dienogest reduced the severity of endometriotic lesions.

Objective & Methods

Retrospective analysis of the efficacy of 120 days treatment with Dienogest 2 mg/day in term of QoL and pelvic pain

42 women
Median age 37.6 ± 3.6 yrs
31 Pz DIE
11 Pz OMA
SF 36 plus VAS score

Exclusion criteria:
- Other gastrointestinal/urologic disease that might cause pelvic pain
- Concomitant neoplastic disease or chronic pelvic inflammatory disease
- Usual contraindication to progestins
The SF-36 is one of the most widely used generic measures of health commonly used in studies of endometriosis. It is a self-administered generic health status questionnaire that measures 8 health concepts:

- Physical functioning (PF)
- Role limitations due to physical problems (RP)
- Bodily pain (BP)
- General health perception (GH)
- Vitality (VT)
- Social functioning (SF)
- Role limitations due to emotional problems (RE)
- Mental health (MH)

As pain is the most dominant symptom of endometriosis, patients indicated their endometriosis-associated pelvic pain on a 100 mm visual analog scale (VAS). The ends of the VAS were anchored with the descriptions (0) “absence of pain” to (100) “unbearable pain.”
Results

- 5 Pz interrupted therapy before 3 months
- 42% of patients experienced amenorrhea
- All women reported less scores for pain symptoms after 120 days of treatment: dysmenorrhea, non menstrual pelvic pain, deep dyspareunia and dyschezia

**MAIN SIDE EFFECTS:**
- HEADACHE (9 %)
- BREAST DISCONFORT (7%)
- ACNE (5 %)
- DEPRESSION (5 %)
- LOSS HAIR (3 %)
Women with most severe cases have more severe impairment of QoL but also in “midler” cases, probably because of delayed diagnosis, the impact of disease on productivity, social and health care is important.
Conclusion

120 DAYS MONTHS DIENOGEST 2MG/DAY TREATMENT, BOTH IN WOMEN DIAGNOSED WITH DIE AND OMA, APPEAR EFFECTIVE IN REDUCING PAIN SCORE (VAS) AND IN IMPROVEMENT OF QoL (SF 36)

FURTHER RESEARCH...

- NEED TO EVALUATE THE SAME ENDPOINTS AFTER LONGER DURATION TREATMENT
- CORRELATION BETWEEN RESULTS AND DIFFERENT STAGE OR PHENOTYPE OF DISEASE
“It is always difficult to comfort a grief that you do not know”

Alexandre Dumas