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Efficacy and Tolerability of GnRH Analogues in the treatment of endometriosis

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Objective : To evaluate the efficacy and toxicity of GnRH analogues for the treatment of endometriosis in Korean women.

Design : Prospective, multicenter clinical study.

Setting : Human volunteers in an academic research environment

Patients : Thirty-five patients(mean age± SD : 32.4±5.5 years) with endometriosis diagnosed by laparoscopy(n 7tStage 1 : n7 = Stage I : n 6 = Stage II : n 14 = Stage III : n 7 = Stage IV).

Intervention : 3.6 mg of GnRH agonist(Zoladex) administered subcutaneously every four week for a period of 24 weeks.

Main outcome measures : Subjective parameters of pelvic symptoms, side effects and endocrine changes.

Results : Serum estradiol levels significantly decreased after 1 month of treatment and the levels were below 20pg/ml after two months of therapy. LH levels were significantly decreased during the course of therapy but FSH levels were not changed. During the treatment period of 6 months, pelvic pain, dyspareunia and dysmenorrhea improved in 91-100% of patients. The laboratory parameters examined(hemoglobin, hematocrit, platelet, electrolytes, lver enzymes) did not changed during treatment. Eighty-six percent of patients reported hot flushes, 80% complained of night sweat and 74% complained of vaginal dryness.

Headache and depression were observed in 25%, and 20%, respectively. Body weight and blood pressure were not changed during therapy. None of the patients interrupted during treatment.

Conclusion : GnRH analogues is effective for achieving complete ovarian suppression within 4weeks. Subjective assessment of overall efficacy and tolerability of Zoladex for the treatment of endometriosis in all stages were good.