Efficacy of GnRH-a combined high intensity focused ultrasound ablation for adenomyosis

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Introduction: Adenomyosis is a common benign gynecological disease. Currently, hysterectomy is the only definitive treatment for adenomyosis. However, hysterectomy is only suitable to those patients who are ending their fertility and those who are not opposed to surgery. As a non-surgical technique, HIFU is capable of producing coagulative necrosis at a precise focal point within the body, without harming overlying and adjacent structures even within the path of the beam. In this study, we prospectively evaluate the effect of GnRH-a combined high intensity focused ultrasound (HIFU) ablation for adenomyosis.

Materials /Patients and method: A total of 80 premenopausal patients were enrolled in this randomized clinical trial. All patients suffering from dysmenorrhea with or without increase of menstrual. Differences in the outcome were calculated for each individual before treatment and at 3 and 6 months after treatment, and changes were compared between the GnRH-a combined with high intensity focused ultrasound (GnRH-a+HIFU) group and the high intensity focused ultrasound (HIFU) group.

Results: Preoperative scores were similar in both groups (P < 0.05). The number of the cases completely follow-up was 78, and the mean follow-up time was (11.9 ±6.4) months. Both treatments were effective, but GnRH-a+HIFU group ablation coagulative necrosis rate was higher than that of HIFU (p<0.05). The comparison between the two treatments in GnRH-a+HIFU group and HIFU group showed that The scores of menorrhea and dysmenorrhea after the treatment of GnRH-a+HIFU group were lower that of HIFU group (p<0.05). No severe complications were observed after these two treatments. Including death and major permanent injuries. And there was no prolonged hospitalization and readmission.

Conclusion: HIFU ablation has safety and efficacy for adenomyosis treatment. GnRH-a combined HIFU ablation of adenomyosis is a better curative effect of HIFU ablation of adenomyosis.

Mots clefs : adenomyosis; GnRH-a; ultrasound ablation; high intensity focused ultrasound; safety; efficacy

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