

Impact of Dienogest on Endometriomas ultrasonographic features and painful symptoms.

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Introduction and objective: Transvaginal sonography (TVS) is the first-line imaging technique to diagnose endometriosis in keeping with international guidelines, and expectant or medical management of women with endometriomas is to date accepted. The aim of the study was to evaluate the potential changes of ultrasonographic features of endometrioma in patients treated with Dienogest and to assess painful symptoms before and during medical treatment.

Materials /Patients and methods: Twenty-seven patients with pelvic pain, not desiring pregnancy and TVS diagnosis of endometrioma (diameter cyst ranged between 2 and 5 cm), were enrolled in this prospective multicenter study.

Ultrasound examination and painful symptoms assessment including dysmenorrhea, dyspareunia, dyschezia and dysuria using visual analogue scale (VAS) were assessed at baseline visit and all women received medical treatment of 2 mg dienogest/die continuously. All women underwent TVS and symptoms evaluation after 3 and 6 months of DNG treatment.

Results: After three-months of medical treatment, no differences regarding the volumes of endometriomas were showed in comparison to baseline, while after six months of treatment a significant reduction of the mean volume of endometriomas was observed. After 6 months of treatment the cystic fluid content showed changes in echogenicity, appearing more echogenic and with hyperechoic spots in 62% of the cases. A significant reduction of dysmenorrhea was showed after 3 months of treatment with a further significant improvement at 6 months.

Conclusion: Six months DNG therapy improves endometriosis related symptoms (achieved already after three months) with a significant reduction of endometrioma volume.

Keywords : dienogest, endometrioma, volume, pain

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