

# **A randomized double blind placebo controlled study non the effect of Clarithromycin on clonics and paraclinics of paients with severe endometriosis after laparoscopic surgery**

Abstract ID : 2453

Submitted by : Saeed Alborzi the 2017-01-27 01:59:06

Category : SEUD CONGRESS 2

Typology : Communication orale / Oral communication

Status : Validated

Authorisation to disclose : Yes/Oui

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## **Abstract**

**Introduction:** Endometriosis is presentation of uterine, stromal and glandular tissue in sites other than uterus. Several studies have shown that malfunction of immune system and alteration in humoral and cell-mediated immunity has roles in the pathogenesis of endometriosis. Macrolides is a group drugs with anti-inflammatory and immunomodulatory activities. Clarithromycin as a macrolides reported to have immunomodulatory effect and we decided to evaluate this effect on some inflammatory markers like TNF- $\alpha$  and IL-10 after surgical treatment of endometriosis.

**Methods and material:** Immediately after surgery we divided 103 women with endometriosis into two groups and one group (N:56) received clarithromycin 500mg daily for 6 months and the second group (N:47) received placebo after laparoscopic surgery for endometriosis. We measured TNF- $\alpha$ , IL-10, ESR, CRP at beginning and also after 3 and 6 months after surgical treatment. We also followed the patients clinically, by evaluating severity of dysmenorrhea, dyschezia, dyspareunia and non-cyclic pain by pain scale system. We finally compared the result in each group and between two groups.

**Results:** TNF- $\alpha$  and IL-10 levels were decreased in both groups but it was significant in the case group ( $p < 0.05$ ). There was not a significant drop in CRP and ESR levels in both groups. Dysmenorrhea, dyschezia, dyspareunia, and noncyclic pain scores decreased in both group but there was no significant difference between the two groups ( $p > 0.05$ ). Decrease in scores of dyspareunia and dyschezia were more in the case group.

**Conclusion:** We think clarithromycin can be effective on TNF, IL-10 levels and clinic of patients with endometriosis and it can be a choice for medical treatment for these patients but further studies with more participants and prolong follow up are needed for proving of this effectiveness.

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**Keywords :** Endometriosis, Clarithromycin, TNF-?, IL-10, Dysmenorrhea, Dyschezia, Dyspareunia

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