

CLINICAL EXPERIENCE IN THE FOLLOW-UP OF PATIENTS WITH SYMPTOMATIC UTERINE FIBROID TREATED WITH ULIPRISTAL ACETATE. IS IT AN ALTERNATIVE TO SURGERY?

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Introduction: Ulipristal acetate (AUP) is a selective modulator of the progesterone receptors which is used to treat symptomatic fibroids. It has been shown that AUP reduces the fibroid volume as well as the bleeding which turns out in an improvement of patient's quality of life. AUP could be considered as an alternative to surgical patients with symptomatic uterine fibroid.

Objective: To describe clinical and demographic characteristics of patients with symptomatic uterine fibroids treated with AUP and initially scheduled for surgery that due to the improvement after the treatment, the surgical option was dismissed.

Methods: A retrospective observational study had been conducted. 122 patients with symptomatic fibroids and treated with AUP (5 mg per day) were included. The clinical and ultrasonographic response, presence of amenorrhea during the treatment, number of treatment cycles and the need for surgery are the main variables studied from the recorded data.

Results: The mean age of our patients was 34.6 years old. The most common fibroid was intramural (54%). 73 patients (67%) reported improvement of the symptoms after the treatment. 36% of them referred amenorrhea during the whole duration of the treatment period. The mean volumetric reduction of the fibroid after ending the first treatment cycle was -18.74. 36.9% of the patients didn't go for surgery, and 25.4% of them repeated another treatment cycle. Laparoscopic miomectomy was the most common surgical when treatment fails.

Conclusions: AUP improves the symptoms in our patients from the first cycle. Although the surgery is still prevalent, AUP allows a more conservative surgical approach, and in an important group of patients, avoids surgery.

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