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Efficiency of the prolonged mode of the oral contraceptive with Drospirone by the premenstrual syndrome

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Background: The modern hypothesis of the pre-menstrual syndrome (PMS) etiology assumes that the disease arises because of the normal function of ovaries, rather than because of a hormonal imbalance, and that this syndrome can be a result of the series of psychoendocrine events which trigger ovulation. This feature of COC allows the use of them not only as contraceptive, but also with the medical purpose, in particular, for women with PMS symptomatology. It is noted, what even at improvement of health of sick PMS by application of COC during 7-day intervals the pathological symptomatology renews. Application of the so-called prolonged (prolonged) schemes providing reception the COC within 63, 126 days and more, allows reducing the frequency of periods and the related complaints.

Objective: The purpose of our research was comparison of the efficiency of the standard and

prolonged modes of reception of Midiana® by the PMS treatment.

Design and methods: A total of 32 women aged 23 to 37 years were surveyed. Research was conducted in two groups of patients. Patients were informed about the advantages and possible side effects of the prolonged and standard modes of COC reception. The desire of a woman to accept a preparation in the prolonged or standard mode determined which group they were put into, with 16 patients in each group. 'Calendar of premenstrual supervision' (COPS) was used for a quantitative assessment of PMS symptoms. For all patients for therapy of PMS Midiana® containing 30 mcg etinilestradiol and 3 mg drospirenone was used. Women in the 1st group received Midiana® in a standard mode of 21-day reception with a 7-day break; course – 6 cycles. Patients of the 2nd group accepted a preparation in the prolonged mode of 63 days with a 7-day break; course – 2 cycles.

Results: The initial characteristics of symptoms of the premenstrual syndrome were: abdominal distension 71.4%, puffiness 38.1%, mastalgia 91.3%, perspiration, heat inflow 45.3%, headache 42.1%, uneasiness, concern 58.6%, depression 62.1%, irritability 81.3%, and emotional lability 76.4%. The most significant changes were connected with mood improvement, reduction of a delay of liquid and decrease in appetite.

Conclusion: Thus, the preparation Midiana® containing drospirenone is not only a contraceptive method, but also effective PMS treatment. The prolonged mode achieved the best results in the short term.