

The Effect of the Association of Miodesin with Gestrinone on Deep Endometriosis Pain

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Objective -Gestrinone is a testosterone derivative with anti estrogenic , anti progesterone and androgenic properties . The objective of this study was to investigate the effect of low doses of gestrinone together with Miodesin™ in Pentravan™ on deep endometriosis pain .**Methods** –This study was carried out in 40 patients with deep endometriosis and severe pain treated vaginally with gestrinone associated with Miodesin™ in Pentravan™ . Miodesin™ is the brand name of a vegetal extract prepared from the Ungara tormentosa by Fagron(Netherland) and standardized to contain 4 % of oxindole alkaloids which are known to be potent inhibitors of NF-Kappa.b activation .**Patient Intervention** - The patients were divided in two groups . In group A (n=20) they were treated with a low dose of gestrinone in Pentravan™ (Fagron) (2,5 mg)twice a week administered vaginally . In group B (n=20)gestrinone was administered in the same dose together with Miodesin™ . Miodesin™ was used in the vagina daily in a dose of 500 mg in 3 ml of Pentravan . Patients in both groups were concomitantly treated orally with 100 mg of Pinus pinaster , 400 mg of Silimarin and 400 mg of Saw palmetto to diminish androgenic side effects and provide hepatic protection .**Main Outcome Measure** The main outcome investigated was the decrease in total pain scores evaluated by visual analogic scale (VAS) before and after two months of treatment **Results** Gestrinone in the lower dose of 2,5 mg significantly decreased total pain scores (VAS) in both groups . Before treatment they were 9 but after the second month pain scores decreased significantly to 3 and 0.8 in group A and B respectively .The difference between the groups was statistically significant (p=0.0002). There were also significantly more pain free patients in group B than in Group A (50%versus20%). Side effects were affecting 20% of the patients in both groups and consistent mainly in oily skin . Liver enzymes were not affected and SHBG levels decreased in both groups. **Conclusion**-These results suggest that vaginal Miodesin significantly increased the effectiveness of Gestrinone to treat pelvic pain in patients with deep endometriosis , rendering 80% of them pain free after the second month of treatment .

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