

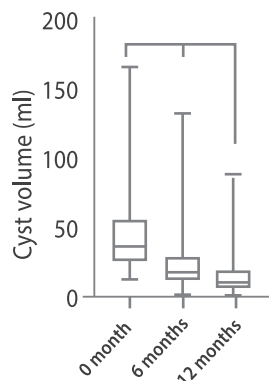
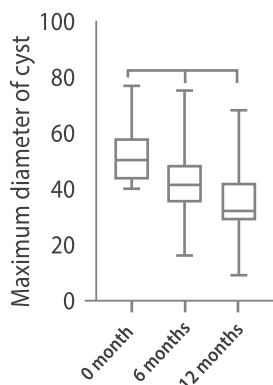
Objective

This prospective observational study aims to demonstrate the clinical efficacy of dienogest in treating endometriomas with a maximum diameter of ≥ 4 cm.

Study details

- Population - 81 patients with ≥ 4 cm endometrioma
- Intervention - Dienogest 2 mg daily
- Duration - 12 months

Results



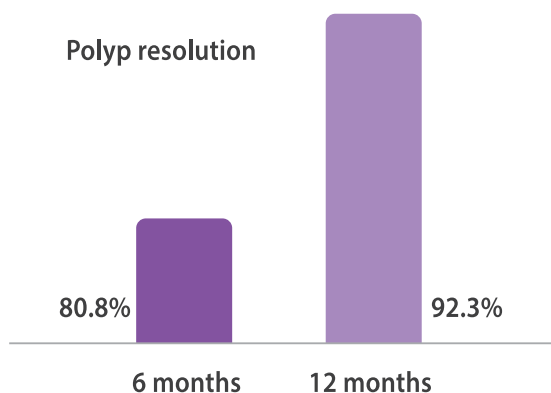
Significant cyst size reduction

- Diameter decreased from 50.5 mm \rightarrow 41 mm (6 months) \rightarrow 34 mm (12 months)
- Volume reduced from 37.8 ml \rightarrow 18.5 ml \rightarrow 11.8 ml

Progressive response over time

- Continuous shrinkage observed at both 6 and 12 months
- Larger cysts showed greater reduction

Polyp resolution



High polyp resolution rate

at 6 months

80.8%

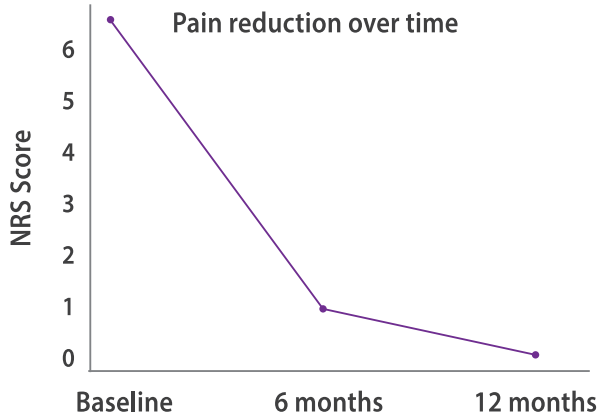
at 12 months

92.3%

Continued...

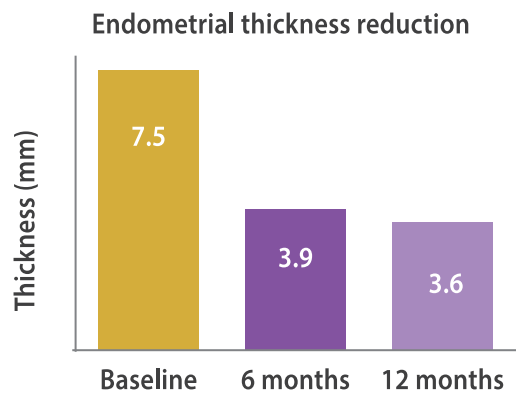
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Marked pain relief

- ◆ Numeric Rating Scale (NRS) score improved from 6.6 → ~1 (6 months) → ~0.1 (12 months)
- ◆ Effective across dysmenorrhea, dyspareunia, and chronic pelvic pain



Endometrial effects

- ◆ Thickness reduced from 7.5 mm → 3.9 mm (6 months) → 3.6 mm (12 months)
- ◆ Suggests strong antiproliferative action

Ovarian reserve preserved

- ◆ No significant change in AMH levels

Improvement in systemic parameters

- ◆ Reduction in CA-125 levels
- ◆ Improvement of hemoglobin level

Favorable safety profile

Most common side effects were weight gain and amenorrhea. Other mild effects are mood changes, breast tenderness, hair loss.

High patient satisfaction

91.3% of the enrolled patients expressed satisfaction and willingness to continue the long-term dienogest treatment.

Conclusion

Dienogest could effectively reduce the diameter and volume of endometriomas with a maximum diameter of ≥ 4 cm, improving anemia, as well as pain symptoms and preserving ovarian function.

Ref: Huang Y, Zhang D, Zhang L, Zhou Y, Peng C. Clinical efficacy of dienogest against endometriomas with a maximum diameter of ≥ 4 cm. Ann Med. 2024;56(1):2402942. doi:10.1080/07853890.2024.2402942doi:10.1007/s12325-025-03397-z

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