



Dydrogesterone treatment for menstrual-cycle regularization in abnormal uterine bleeding ovulation dysfunction (AUB-O) patient



INTRODUCTION

Abnormal Uterine Bleeding (AUB) driven by progesterone deficiency frequently manifests as highly irregular or unpredictable menstrual cycles, significantly impacting a woman's quality of life. Progestins like dydrogesterone, an orally active retroprogesterone are commonly utilized in clinical practice to counter this deficiency, stabilizing the endometrium to help schedule orderly withdrawal bleeding and restore cycle regularity.

METHODOLOGY

Study Design	Prospective, non-interventional, single-arm, post-marketing observational study
Setting	64 centres across Russia, Ukraine, Kazakhstan, and Uzbekistan
Population	955 women aged 18 to 40 years diagnosed with irregular menstrual cycle
Intervention	Dydrogesteron 10 mg once or twice daily from days 11 to 25 of the menstrual cycle
Duration	Active treatment phase followed by a 6-month post-treatment follow-up period

OUTCOME ENDPOINTS

Primary Endpoint

- **Cycle Regularization Rate:** Percentage regular cycles during treatment.
- **Long-Term Cycle Stability:** Percentage of maintained cycle regularity at 6-month follow-up.
- **Time to Efficacy:** Number of cycles required to achieve regularity.

Secondary Endpoint

- **Dysmenorrhea Severity:** Reduction in menstrual pain
- **Premenstrual Symptoms (PMS):** Changes in physical symptoms including breast tenderness, bloating, and fatigue.
- **Psychological Impact:** Changes in cycle-related anxiety and emotional distress levels.

Patient-Reported Outcomes

Subjective treatment satisfaction scored by the participants at the end of the study.

Safety Assessment

Incidence, type, and severity of any adverse events or side effects.

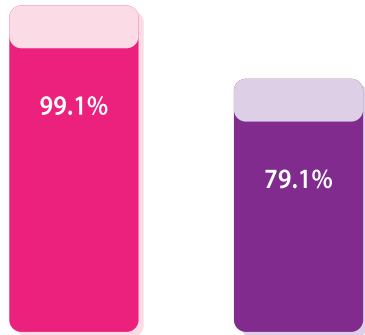
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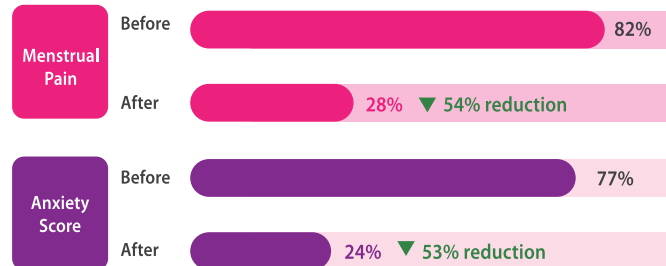
RESULTS

Menstrual Cycle Regularization



99.1% of patients achieved ≥ 1 regular cycle and 79.1% of patients maintained ≥ 6 regular cycles during the treatment period

Menstrual Pain & Anxiety Reduction

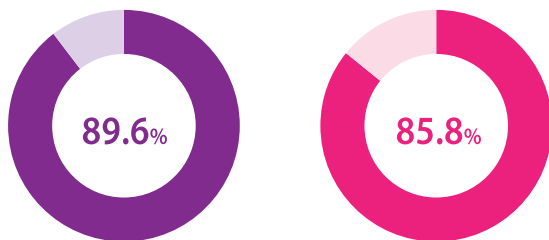


Significant reduction in pain and anxiety persisted throughout the 6-month follow-up

Menstrual cycle duration

Menstrual cycle duration was significantly normalised ($p \leq 0.0001$ versus baseline) across all patient subgroups

Patient Satisfaction & Clinical Response



High patient satisfaction

Excellent clinical response

Safety & Tolerability Profile



No treatment-related serious AEs | Excellent tolerability profile

CONCLUSION

Dydrogesterone is an effective and well-tolerated option for regulating menstrual cycles in routine practice. It improves symptoms like pain and anxiety, achieves high patient satisfaction, and offers a strong safety profile, making it a reliable first-line therapy.

Ref.: Podzolkova NM, Tatarchuk TF, Doshchanova AM, Eshimbetova GZ, Pexman-Fieth C. Dydrogesterone treatment for menstrual-cycle regularization in routine clinical practice - a multicenter observational study.



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