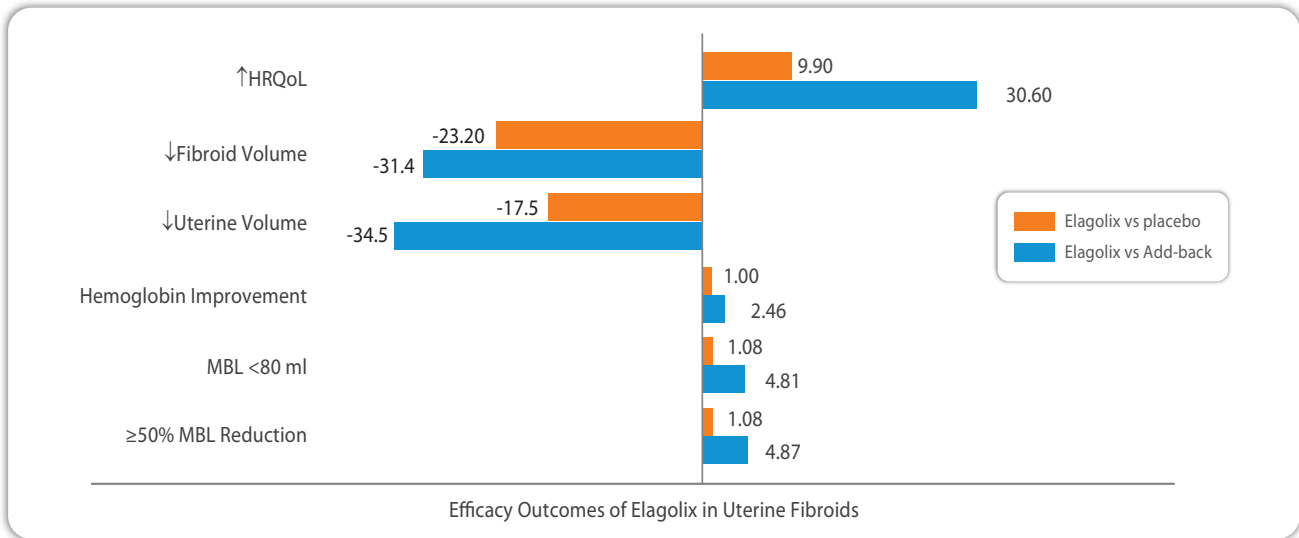


Elagolix Treatment in Women With Heavy Menstrual Bleeding Associated With Uterine Fibroid: A Systematic Review & Meta-Analysis

This is a systematic review and meta-analysis of 4 randomized controlled trials (n=1949) that evaluated the efficacy and safety of Elagolix, a GnRH antagonist, in premenopausal women with heavy menstrual bleeding (HMB) due to uterine fibroids.

Results

- Elagolix is highly effective in reducing HMB (achieves $\geq 50\%$ blood loss reduction in 86% of women) and fibroid size (significant fibroid volume reduction up to 31.4%) compared to placebo.
- It is a minimally invasive alternative to hysterectomy/myomectomy for symptomatic uterine fibroids.
- Rapid symptom relief within 3–6 months.
- Add-back therapy (estradiol/norethindrone acetate) helps mitigate hypoestrogenic side effects (like hot flashes & bone loss) without compromising efficacy.
- Best suited for short- to medium-term therapy, especially for women ineligible or unwilling to undergo surgery.
- Quality of life (QoL) improvement score was +30.6 points, backed by validated patient questionnaires.



Conclusions

Elagolix appeared to be effective in reducing heavy menstrual bleeding caused by uterine fibroid and combination with estradiol/norethindrone acetate was able to alleviate the hypoestrogenism side effects in premenopausal women.

Ref.: Muhammad, Juliawati et al. "Elagolix treatment in women with heavy menstrual bleeding associated with uterine fibroid: a systematic review and meta-analysis." BMC women's health vol. 22,1 14. 15 Jan. 2022, doi:10.1186/s12905-022-01596-2

Brought to you by



For full Article

