OPPORTUNITY OF APPLICATION OF AROMATASE INHIBITORS IN COMBINED THERAPY OF ENDOMETRIOSIS

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Introduction: Endometriosis recurrences may be explained by high aromatase activity in endometriotic lesion. So aromatase inhibitors may be effective in therapy of endometriosis.

Aim: To evaluate the efficacy of aromatase inhibitors in treatment of endometriosis.

Patients & methods: 75 women of reproductive age with endometriosis were included in the study (21 patients had chronic pelvic pain, 24 patients - infertility, 30 patients - both symptoms). Diagnose was stated during laparoscopy and confirmed by histological examination. According to the rAFS classification of endometriosis I stage was found in 2.7% of patients, II stage - in 10.7%, III stage - in 24.0% and IV stage - in 62.7%. Immunohistochemical study of 45 patients with endometriosis and 9 healthy women of comparison group was performed.

Results: The increased expression of aromatase in endometriotic lesions were found: value of its expression in foci of endometriosis(11.9%) is higher than in eutopic endometrium of healthy women(0.4%). These data are considered to be pathogenetic rationale for implication of aromatase inhibitors in patients with this disease. In 34.7% of women we identified hypergonadotropic ovarian failure, in 54.7% - reduced ovarian reserve. After surgery, 75 patients were prescribed aromatase inhibitors (letrozole 2.5 mg daily) in combination with progestagens (lynestrenol 5 mg, 2 times a day) continuously for 6 months. During the treatment, pelvic pain disappeared in 97.3% of patients. After the completion of treatment 30.5% of patients with infertility became pregnant (in 22.2% of women pregnancy occurred spontaneously, in 27.8% - after ovulation induction, in 50% - in IVF protocol).

Conclusion: Combined treatment of endometriosis with application of aromatase inhibitors is an effective approach for the relief of pelvic pain and overcoming infertility, but further studies are required.