Efficiency of Complex Treatment and Rehabilitation of Women With Uterus Fibroids in Infertility

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Modern treatment of uterine fibroids is aimed at preserving the reproductive organ. The application of the new generation of drugs as selective modulators of progesterone receptors (SMPR) allows to optimize the conservative treatment of fibroids and to restore the reproductive function. The aim of this study is to determine the effectiveness of SMPR in the preoperative preparation for conservative myomectomy in women with fibroids. We studied 32 women with fibroids and infertility. The number of myomatous nodes per woman ranged from 1 to 7 and sizes from 10 to 65 mm. The location of the nodes in the wall of the uterus was subserous-intramural - 42% and submucosal-intramural - 58%. The uterine cavity was deformed at large sites, which often had clinical symptoms. Conservative therapy was the appointment of preparations of GnRH agonists in the last 3 months. Large nodes decreased in volume by 18-35%, but further noted stabilized in the size that required surgical removal.

In the preoperative preparation was prescribed the drug ulipristal acetate, which is SMPR, within two months, then worked out conservative myomectomy of large sites. Blood lose was minimally during the myomectomy in patients treated by ulipristal. Rehabilitation treatment within 12 days included preparations of enzyme therapy in the form of electrophoresis on the lower abdomen for 2 months after surgery. Pregnancy occurred in 8 months after the operation and discontinuation of oral contraceptives spontaneously in 62.5% of women.

The conclusions. When the node size is more than 30 mm, the most effective treatment is using of SMPR followed conservative myomectomy. Appointment drugs SMPR provides easier removal of nodes with less blood loss during the operation. Comprehensive treatment of uterine fibroids promotes spontaneous recovery of fertility in young women.