

**Hammar, M. Christau, S. Nathorst-Böös, J. Rud, T. Garre, K.**

**A double-blind, randomised trial comparing the effects of tibolone and continuous combined hormone replacement therapy in postmenopausal women with menopausal symptoms.**

**Br J Obstet Gynaecol 105:904-11; 1998**

*From the Department of Obstetrics and Gynaecology, University Hospital, Linköping, Sweden.*

**OBJECTIVE:** To compare the effects of two postmenopausal regimens on menopausal symptoms, bleeding episodes, side effects and acceptability.

**DESIGN:** Double-blind, randomised controlled trial.

**SETTING:** Twenty-nine sites in Denmark, nine in Norway and six in Sweden.

**PARTICIPANTS:** Four hundred and thirty-seven postmenopausal women with menopausal complaints. None of these women had had a hysterectomy.

**INTERVENTIONS:** Daily treatment with tibolone 2.5 mg (n = 218) or 17beta-oestradiol 2 mg plus norethisterone acetate 1 mg (E2/NETA) (n = 219).

**MAIN OUTCOME MEASURES:** Hot flushes, sweating episodes, vaginal dryness, assessment of sexual life and bleeding patterns; at baseline and after 4, 12, 24 and 48 weeks.

**RESULTS:** Treatment with either preparation significantly reduced mean scores for hot flushes, sweating episodes and vaginal dryness. The overall discontinuation rate was 28% (tibolone 25%, E2/NETA 31%; P = 0.14), mostly during the first six months. There was a markedly lower cumulative incidence of bleeding or spotting episodes with tibolone compared with E2/NETA (P < 0.0001), mainly during the first six treatment cycles.

**CONCLUSIONS:** Both tibolone and E2/NETA effectively alleviate menopausal symptoms. However, tibolone caused significantly fewer bleeding or spotting episodes, which were reflected by lower overall rates of bleeding, as well as lower drop-out rates due to bleeding.

Filnamn: Hammar.doc  
Katalog: C:\Documents and Settings\Ingemar  
Joelsson\Desktop\HTML  
Mall: C:\Documents and Settings\Ingemar Joelsson\Application  
Data\Microsoft\Mallar\Normal.dot  
Rubrik: Hammar, M  
Ämne:  
Författare: Ingemar Joelsson  
Nyckelord:  
Kommentarer:  
Datum: 2003-01-29 3.12  
Version: 1  
Senast sparad: 2003-01-29 3.19  
Senast sparad av: Ingemar Joelsson  
Total redigeringstid: 7 minuter  
Senast utskrivet: 2003-01-29 3.19  
Vid senaste fullständiga utskrift  
Antal sidor: 1  
Antal ord: 280 (cirka)  
Antal tecken: 1 488 (cirka)