



Dynamics of clinical symptoms of fibrocystic breast disease in the course of the transdermal gel of micronized progesterone monotherapy: results of the Russian multicenter observational study BREAST

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Abstract

Timely detection and treatment of mastopathy is the way to reduce the incidence of breast cancer. The purpose of this study is to assess the dynamics of fibrocystic mastopathy symptoms regression when applying monotherapy with transdermal gel of micronized progesterone continuously for 3 and 6 months under conditions of routine clinical practice. 1044 female patients of 34.8±0.2 years of age with a diagnosed diffuse mastopathy. Results. In 3 months a significant reduction in the amount of the earlier revealed thickened tissue areas was observed during ultrasound exam, including the areas of 1-2 cm and those exceeding 2 cm. In 6 months of the therapy further reduction of the total amount of local structural changes of the lacteal glands of 1-2 cm and those exceeding 2 cm was observed. According to the analysis of the mammographic conclusions, in the course of the therapy the signs of the fat involution build-up were observed as reducing from 9.1% to 1.3%, of the focal fibrosis - reduced from 12.9% to 5.3%. Significant improvement of the disease course is as well demonstrated by the dynamics of the changes as per the assessment according to Bi-RADS categories. The intensity of the pain in the mammary glands assessed per VAS significantly reduced in the therapy dynamics; before treatment: 62.22±0.84 scores – in 3 months: 27.33±0.70 scores, in 6 months 9.33±0.46 scores. Conclusion. Efficacy of the therapy with Progestogel product was demonstrated and proved with the basic mammary gland examination methods (ultrasound and mammography). The data obtained shows the improvement of the life quality and reduction in the pain syndrome intensity in patients with mastalgia/mastodynia. The general therapy evaluation by physicians and patients revealed a good match of positive evaluations of the therapy provided. The overall efficacy (defined as a target reduction of the clinical signs severity) of therapy with Progestogel gel in the routine clinical practice setting was newly observed.

Biography

The doctor has experience in treating the symptoms of fibrocystic breast disease using monotherapy with a transdermal gel of micronized progesterone. All research methods (ultrasound scanning and mammography) proved the effectiveness of monotherapy with micronized progesterone. The discovery of this method of treatment for mastopathy may be one of the possibilities aimed at reducing the risk of developing breast cancer.

Publication

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