

Effects of long-term treatment with Dienogest on the quality of life and sexual function of women affected by endometriosis-associated pelvic pain.

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ABSTRACT

PURPOSE: The aim of this prospective study was to evaluate quality of life (QoL) and sexual function of women affected by endometriosis pain treated with Dienogest (DNG) for 24 months.

PATIENTS AND METHODS: Fifty-four women constituted the study group and were given DNG 2 mg/daily; 38 women were given non-steroidal anti-inflammatory drugs (NSAIDs) and constituted the control group. To define endometriosis-associated pelvic pain, dysmenorrhea and dyspareunia the Visual Analogic Scale (VAS) was used. The Short Form-36 (SF-36), the Female Sexual Function Index (FSFI) and the Female Sexual Distress Scale (FSDS) were used to assess the QoL, sexual function and the sexual distress, respectively. The study included five follow-ups at 3, 6, 12, 18 and 24 months.

RESULTS: Slight improvements in chronic pelvic pain, dysmenorrhea and dyspareunia were observed in the study group at 3 months ($p < 0.05$) and improved more from 6 to 24 months of DNG treatment ($p < 0.001$). QoL improved with a similar trend: at 3 months the improvement was significant in several categories ($p < 0.05$), and from 6 to 24 months in all categories ($p < 0.001$). The FSFI score did not change at the 3 month follow-up ($p = \text{not significant [NS]}$) but it improved from 6 to 24 months ($p < 0.001$). A similar trend was observed for the FSDS score ($p < 0.001$). No change was observed in the control group ($p = \text{NS}$).

CONCLUSION: Long-term treatment with DNG 2 mg once-daily in women with endometriosis-associated pelvic pain may have positive effects on the QoL and sexual life, confirming the observations of the previous study on the first 6 months of treatment.