

## M. Sillem

The Effect of Yasmin® on Premenstrual  
Symptomatology and Quality of Life

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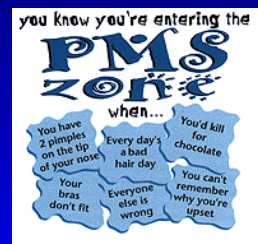
M. Sillem, Aschaffenburg



## PMS (Premenstrual Syndrome)

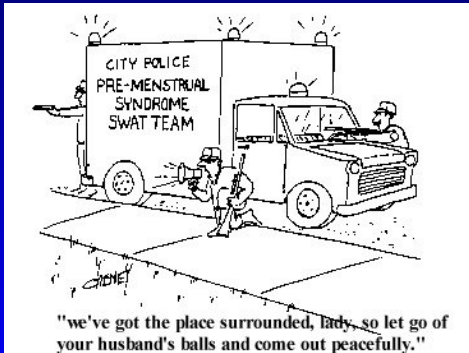
About 2/3 of cycling women  
suffer from premenstrual  
symptoms like:

- Bloating
- Weight gain
- Breast tenderness
- Food cravings
- Mood swings



## PMDD Premenstrual Dysphoric Disorder (DSM IV)

- Severe form of PMS,
- outright psychiatric morbidity
- comorbidity to other depressive and eating disorders,
- incidence about 6 - 9% of cycling women



## Therapeutic interventions with proven effect

- Counselling and reassurance
- Vitamin B6 and magnesium
- GnRH analogues and high dose estrogen
- selective serotonin reuptake inhibitors

## Therapeutic interventions without proven effect

- Cyclic progestin supplementation
- Conventional oral contraceptives

## Drospirenone/EE and PMS: previous studies

Foidart et al. (Eur J Contracept Reprod Health Care 2000)

- 900 women, EE/DRO vs. EE/DSG
- Incidence of PMS and severe dysmenorrhea less on EE/DRO

## Drospirenone/EE and PMS: previous studies

Parsey and Pong (Contraception 2000):

- 326 women over 13 cycles
- Subjects reported that symptoms of water retention, negative affect, and increased appetite significantly improved at cycle 6 from baseline

## Drospirenone/EE and PMS: previous studies

Freeman et al. (J Women's Health Gender-Based Med 2001)

- Small study but double-blind randomised
- numerical decrease of PMDD symptoms

## Drospirenone/EE and PMS: previous studies

Brown et al. (J. Reprod Med. 2002)

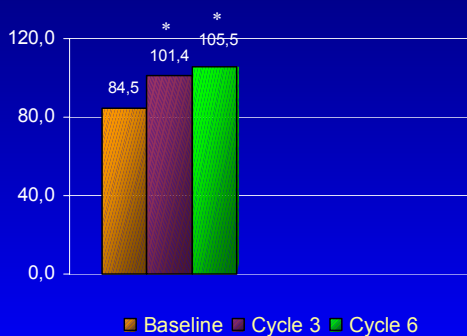
- 326 women were started on Yasmin® and completed WHA questionnaire,
- significant reduction of premenstrual symptoms after 6 months

## Drospirenone/EE and PMS: previous studies

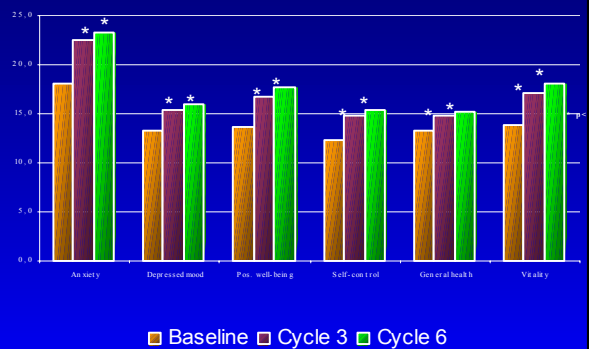
Apter et al. (Eur J Contracept Reprod Health Care 2003)

- 336 women enrolled
- primary efficacy parameter - PGWBI from pretreatment cycle to cycle 6
- PGWBI at baseline cycle between 60 and 95

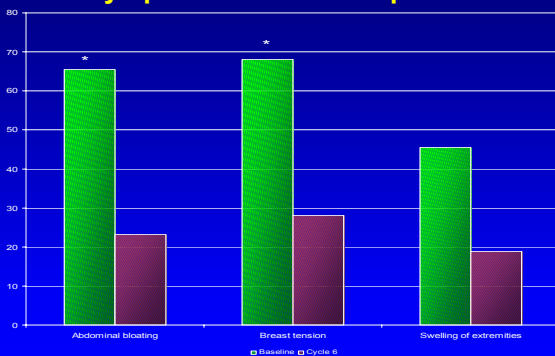
### Mean PGWBI total score



### Mean PGWBI subscale scores



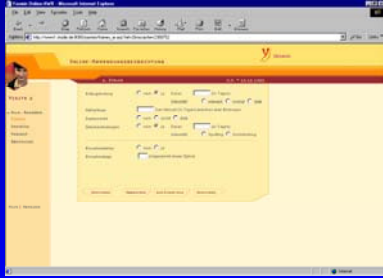
### Change in the incidence of somatic symptoms in the luteal phase



### German Yasmin® Online Study

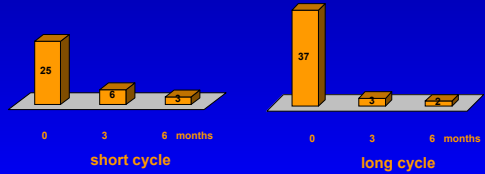
- 1433 women enrolled by 152 gynaecologists in private practice
- 175 women on long cycle (63 - 126 consecutive days)
- observation for 6 months
- data collection by online questionnaire from March 2001 to January 2003
- special emphasis on subjective well being and body weight

## German Yasmin® Online Study



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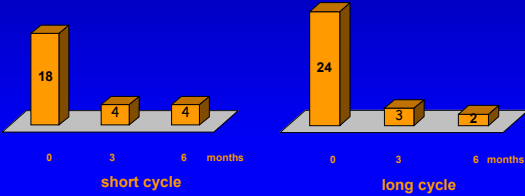
Breast tenderness  
( $p < 0.05$  long versus short cycle)



## German Yasmin® Online Study

Bloating

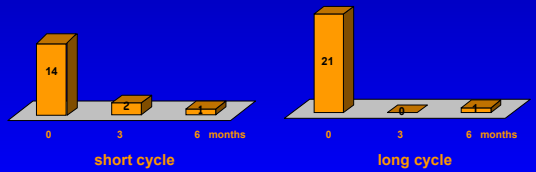
(long and short cycle not significantly different)



## German Yasmin® Online Study

Edema

( $p < 0.001$  long vs. short cycle)



## German Yasmin® Online Study

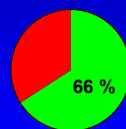
	short cycle	long cycle
Weight :	- 0,61kg	- 0,57 kg
BMI:	- 0,22 kg/m <sup>2</sup>	- 0,21 kg/ m <sup>2</sup>
Reduction:	$p < 0.0001$	$p < 0.005$

## German Yasmin® Online Study

“Do you feel better than before going on Yasmin®?”

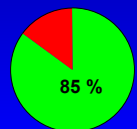
short cycle

long cycle



yes

no



## German Yasmin® Online Study Results

- As in previous studies, Yasmin® proved effective in the treatment of premenstrual symptoms
- The effects were more pronounced in long cycle users
- A highly significant reduction in body weight was observed in both application regimens
- Spotting occurred in 15% of long cycle and 6% of short cycle users
- General well being improved more in long cycle users

## German Yasmin® Online Study

### Take Home Message

The combination of 30 µg of Ethinyl Estradiol and 3mg of Drospirenone, preferably administered over 63 consecutive days, is the first highly effective and practicable hormonal treatment for premenstrual symptoms

In severe cases, it can be combined with selective serotonin reuptake inhibitors



Lunch-Break