



Clinical Efficacy of Pioglitazone with Ethinylestradiol-cyproterone Acetate for Treatment of Polycystic Ovary Syndrome

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SUMMARY. This study explored the clinical efficacy of pioglitazone with ethinylestradiol-cyproterone acetate for treating polycystic ovary syndrome (PCOS). Totally 74 patients with PCOS were divided to two groups (control: 37 cases; observation: 37 cases) which received treatment using ethinylestradiol-cyproterone acetate and treatment using pioglitazone hydrochloride based on ethinylestradiol-cyproterone acetate, respectively. The efficacy, sex hormones, blood glucose and lipid indexes, ovulation and pregnancy outcomes and adverse reactions were observed. At the end of treatment, comparing to control group, in observation group total effective rate obviously ascended, serum LH, FSH, A2 and E2 contents obviously declined, FBG and HOMA-IR contents obviously declined, FINS content obviously ascended, serum TC, HDL and TG contents obviously declined, ovarian volume and BMI obviously declined, pregnancy and ovulation rates obviously ascended, and ovarian hyperstimulation syndrome rate obviously declined. Pioglitazone combined with ethinylestradiol-cyproterone acetate has a synergistic effect in treatment of PCOS. It can effectively regulate the sex hormones, blood glucose and blood lipid levels, and promote the recovery of ovarian function, thus improving the ovulation rate and pregnancy outcomes.

RESUMEN. Este estudio exploró la eficacia clínica de la pioglitazona con acetato de etinilestradiol-ciproterona para tratar el síndrome de ovario poliquístico (SOP). Un total de 74 pacientes con SOP se dividieron en dos grupos (control: 37 casos; observación: 37 casos) que recibieron tratamiento con acetato de etinilestradiol-ciproterona y tratamiento con clorhidrato de pioglitazona a base de acetato de etinilestradiol-ciproterona, respectivamente. Se observaron la eficacia, las hormonas sexuales, los índices de glucosa y lípidos en sangre, los resultados de la ovulación y el embarazo y las reacciones adversas. Al final del tratamiento, en comparación con el grupo de control, en el grupo de observación, la tasa efectiva total aumentó, los contenidos séricos de LH, FSH, A2 y E2 disminuyeron, los contenidos de FBG y HOMA-IR disminuyeron, el contenido de FINS aumentó, el TC sérico, HDL y los contenidos de TG disminuyeron, el volumen ovárico y el IMC disminuyeron, las tasas de embarazo y ovulación aumentaron y la tasa de síndrome de hiperestimulación ovárica disminuyó. La pioglitazona combinada con acetato de etinilestradiol-ciproterona tiene un efecto sinérgico en el tratamiento del SOP. Puede regular eficazmente las hormonas sexuales, la glucosa en sangre y los niveles de lípidos en sangre, y promover la recuperación de la función ovárica, mejorando así la tasa de ovulación y los resultados del embarazo.

KEY WORDS: efficacy, ethinylestradiol-cyproterone acetate, pioglitazone, PCOS.

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