Comparingthe administration of Letrozole and Megestrol acetate in the treatmentof women with simple endometrial hyperplasia without atypia: Arandomized clinical trial

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Introduction: The present study was conducted as a pilot to compare the therapeuticeffects and the potential side-effects of oral Megestrol acetate andLetrozole in the treatment of simple hyperplasia in perimenopausalwomen .

Methods: The participants of this randomized clinical trial consisted oftwo groups of 25 women aged 44 to 50 presenting with abnormal uterinebleeding diagnosed with simple endometrial hyperplasia without cytologicatypia confirmed by transvaginal ultrasonography and biopsy. The firstgroup received 40 mg doses of Megestrol acetate for two weeks per monthfor a total period of two months. The second group received 2.5 mg dailydoses of Letrozole for a total period of two months. The differences interms of quantitative measurements were analyzed using the independenttwo-sample t-test and the paired T-test. To compare the two groups interms of the distribution of the categorical variables, Pearson'sChi-square and Fisher's Exact tests were used at the significance levelof .05 by Stata-9.2 .

Results: Although the intervention led to significant improvements inboth groups (P ،(۰۰۱.> there wasno difference between the groups in terms of accomplishing resolution) P=.74) (seven (28%) patients in the Letrozole group and five (20%) inthe Megestrol group), while two patients in the Letrozole group and ninein the Megestrol group suffered from side-effects, suggestingsignificantly lower side-effects in the Letrozole group (P=.02 .(**Conclusion:** Letrozole and Megestrol acetate seems to have similareffects on the treatment of simple endometrial hyperplasia; the onlydifference was that Letrozole presents fewer side-effects than Megestrolacetate in patients with this condition.

Key Words: Letrozole, Endometrial hyperplasia, Megestrol acetate