

Levonorgestrel Releasing Intrauterine System (LNG) versus Dienogest for the treatment of Adenomyosis

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Background

Adenomyosis is a gynecological condition where endometrial tissue (the lining of the uterus) grows into the muscular wall of the uterus. It often leads to symptoms like heavy menstrual bleeding, dysmenorrhea (painful menstruation), and pelvic discomfort.

Objective

This study aimed to compare the clinical efficacy of the Levonorgestrel-Releasing Intrauterine System (LNG-IUS) and Dienogest in the management of symptomatic adenomyosis, their effects on pain, menstrual bleeding, and overall patient satisfaction.

Methods

A prospective, randomized controlled trial was conducted involving 60 women diagnosed with symptomatic adenomyosis. Participants were randomly assigned to receive either the LNG-IUS or oral Dienogest for a period of 18 months. The primary outcomes measured were the reduction in menstrual blood loss, improvement in dysmenorrhea (measured by the visual analog scale), and changes in overall pelvic pain.

Results

LNG-IUS group demonstrated a greater reduction in menstrual blood loss, with 65% of participants reporting amenorrhea or significantly reduced bleeding by the end of the study period, compared to 40% in the Dienogest group. LNG-IUS provided a more consistent reduction in pelvic pain and dysmenorrhea over the 6-month period. Side effects were more common in the Dienogest group, including weight gain, mood swings, and headache. Patient satisfaction was higher in the LNG-IUS group, with 75% reporting a preference for the intrauterine system due to its long-term efficacy and fewer systemic side effects.

Conclusion

Both LNG-IUS and Dienogest are effective in managing the symptoms of symptomatic adenomyosis. LNG-IUS offers superior control of menstrual bleeding, more consistent pain relief, and a better overall safety profile. Dienogest may be considered as an alternative for women who prefer oral therapy.

Key words

Adenomyosis, Levonorgestrel, Dienogest